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# THE CHEMICAL COMPOSITION OF FOODS

by

R. A. McCANCE AND E. M. WIDDOWSON

SECOND EDITION

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## PREFACE

The nutritional and dietetic treatment of disease, as well as research into problems of human nutrition, demands an exact knowledge of the chemical composition of food. The pioneering investigations into food chemistry were made in Germany and the United States of America and until after the war of 1914-18 this country lagged far behind. The research on vitamins which began to make rapid progress soon after that war, and in which this country played a leading part, stimulated a demand for a wider knowledge about human foods. Accordingly the Council in 1925 for support in order the amount of carbohydrate in food was recognised that the project was likely to have practical importance, and a grant was made for work along these lines at King's College Hospital, London. Since that time the Council have continued to support similar and related studies by Dr. McCance and his colleagues, first at King's College Hospital and subsequently at the Department of Medicine, University of Cambridge, and during this period the investigators have gradually extended the scope of their inquiries. A system of analysis has been evolved by which they have determined all the important organic and mineral constituents of foods, with the exception of the vitamins, which have formed the subjects of extensive research by other workers and by different methods. Some idea of the amount of detailed analytical work involved in these chemical studies may be gathered from the statement that as many as twenty different constituents may require to be determined in a single foodstuff.

By 1939, when the first edition of these tables was published, this systematised analytical procedure had been applied by Dr. McCance and his colleagues to most of the foods commonly eaten in Great Britain. The method of approach had been somewhat different from that of previous workers in the same field; for the foods had been analysed, not only in the raw state, but also as prepared for the table, and studies had been made of the losses introduced by cooking. The investigators had also examined the question whether all the constituents of a food are really available for the body's use, whether they are decomposed in the alimentary canal, or fail to be absorbed. The greater part of this work was published by the Council in Reports in this Series (Nos. 135, 187 and 213). Some of the analytical data published in 1939 had already appeared in the earlier Reports, but many of them were new, and it was hoped that the first edition of these tables would contain all the quantitative data about the chemical composition of British foods likely to be required for practical work. It did not, however, in other respects supersede the three previous Reports, for the latter contained much information which was not reprinted.

The recent war and its attendant nutritional problems created a demand for analytical data, old and new, and experience and criticism led the authors to reconsider a few of the figures previously published by them, so that minor alterations and additions were made when the tables were reprinted for the third time in 1942. A new edition has now become necessary. The authors have made no change in the form of the main tables or text, but figures relating to a number of new foods and food materials have been added. These partly fill in gaps in the tables, partly replace older figures, but mostly supply information about the composition of foods which are characteristic of war-time and post-war circumstances. It was pointed out in the preface to the first edition of these tables that research of this nature is technically exacting and at the same time laborious. Almost every substance to be analysed brings up fresh problems,

and the solution of these problems may take weeks or even months. It is work which . . . . . stigators, for the road is long and there is little . . . . . discoveries by the way. Nevertheless, the steady . . . . . of this volume over the last six years has proved that Dr. McCance and Dr. Widdowson's contribution to knowledge has been widely appreciated, and the Council are glad to issue this new edition in the hope that it will continue to supply a want.

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*December, 1945.*

# THE CHEMICAL COMPOSITION OF FOODS

BY

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## INTRODUCTION

A knowledge of the chemical composition of foods is the first essential in the dietary treatment of disease or in any quantitative study of human nutrition. Both of these have become increasingly important in recent years, and there has in consequence been a demand for better and more up-to-date information about the chemistry of food. In order to provide investigators, particularly in Great Britain, with the necessary data, analytical work has been carried out since 1925, first at King's College Hospital, London, and more recently at the Department of Medicine, Cambridge, and the present report is an attempt to set out the results in a simple and practical manner. Most of the data have already been published (McCance and Shipp, 1933; Widdowson and McCance, 1935, McCance and Widdowson, 1935, McCance, Widdowson and Shackleton, 1936, Shackleton and McCance, 1936, Abrahams and Widdowson, 1940), but some are now printed for the first time. Every care has been taken to render the information as true and reliable as possible. Every figure previously published has been traced to the original notebooks and scrutinised. Mistakes have inevitably been found, and these have been corrected. When there was any doubt about the validity of a figure, further samples of the food have been procured and analysed, and the most probable value given. Further, the completed tables have been compared with a number of other recent publications of a similar nature, and where the present results have shown a wide divergence from those of others, more samples have been obtained and subjected to analysis. Some notes on these discrepancies are given on pp. 8-9. Every calculation and figure has been checked by at least two persons. Nevertheless, the present report must not be taken entirely to supersede reports Nos. 135, 187 and 213, previously issued by the Council. These reports contained large sections dealing with analytical technique, the losses occasioned by cooking, and the value of hemicelluloses and celluloses in human nutrition, which have not been reprinted. Each had an extensive bibliography, and information was also given about the scientific nomenclature of the foodstuffs. Reference should be made to these reports if such information is required. The present report is intended to be a practical handbook, and it replaces the previous ones only in so far as analytical data are concerned.

## CONSTRUCTION OF THE TABLES

### ARRANGEMENT, HEADINGS AND CONVENTIONS

The foods have been classified into the following groups:—cereals and cereal foods; dairy products; meat, poultry and game, fish; fruit; nuts; vegetables; sugar, preserves and sweetmeats; beverages; beers; condi-

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as been given. The figures for the "cooked dishes" (pp. 98, 141) were obtained not by direct analysis but by computation. The majority of these are included in the last five of the groups mentioned above, but there are a few in the earlier groups. The preparation of these dishes, and the method used for the calculation of their composition, are described on p. 9.

Pages 25 to 111 give the composition of the foods per 100 grammes and pages 113 to 147, the composition per ounce. A conversion factor of 28.4 g./oz. has been used.

Edible material only has been analysed, and the percentage and per-ounce composition of every item except that of beer is given on this basis. The composition of the latter has been calculated per 100 c.c. and per pint. For foods that are usually served with waste, for example, fish and stone fruits, figures have also been given for the amounts of the various edible constituents that would have been obtained from 100 g. and from 1 oz. of the food as served.

In meat and fish (Report No. 187), and in mushrooms (Report No. 213), *protein nitrogen* has been differentiated from non-protein nitrogen and the former multiplied by 6.25. Bovril, Oxo and Marmite have also been dealt with in this way. In cereals, the protein has been calculated by multiplying the total nitrogen by 5.7. For jelly the factor 5.55 has been used, and for all other foods 6.25. "*Fat*" in the meat and fish is true fat as determined by von Lieberman and Szekely's (1898) method. The fat in milk and milk products, and in comb honey has been determined by methods similar to those recommended by the Association of Official Agricultural Chemists (1930). The fats in other foods have sometimes been determined by ether extraction in a Soxhlet apparatus, sometimes by von Lieberman's method, and often by both. *Available carbohydrate* is the sum of the starch and dextrins (expressed as glucose) and sugar.

In the first printing of these tables the figures 4.1, 9.3 and 4.1 were used for calculating the calorie values of protein, fat and carbohydrate respectively. These are Rubner's figures and are the ones usually employed in this country for calculating the energy values of diets (Morey, 1936). It has been pointed out, however, that since most of the figures given for carbohydrate in these tables had been expressed as glucose or invert sugar, it would have been more correct to have employed the factor 3.75 for carbohydrate (Sherman, 1937). Accordingly, this has now been done, and, for the sake of consistency and simplicity, all the carbohydrate figures have now been expressed in the same terms, i.e. as monosaccharides. A special note has been inserted drawing attention to this fact where cane sugar and lactose are being considered. Hence, those who use these tables for the calculation of diets, and wish themselves to convert the sum of the daily or weekly nutrients into terms of calories, should use the figure 3.75 for carbohydrate and, as before, the figures 9.3, 4.1 and 7.0 for fat, protein and alcohol respectively.

In some food tables the factors 4, 9 and 4 have been used to convert protein, fat and carbohydrate figures to calories. These factors allow for losses of caloric material in the faeces but, since it is unusual to make such an allowance for any of the other food constituents, it seems inconsistent to do so in the case of calories, and the factors 4.1, 9.3 and 3.75 (or 4.2 if the carbohydrate is expressed as starch) are therefore to be preferred.

It might perhaps be as well to point out that the calorie values of foodstuffs determined by means of factors, are necessarily approximations. For one reason, protein, fat, carbohydrate and alcohol are not the only organic nutrients in foods. There are, for example, organic acids in many fruits, and cellulose and hemicelluloses in all plants. All of these are a source of calories to any eating them, but it is customary to neglect them in working out the cal-

value of a diet. For another reason, as pointed out by Atwater and Bryant (see Morey, 1936), the calorie values of proteins, fats and carbohydrates from different sources are not exactly the same, and greater accuracy might be obtained, especially in the computation of unbalanced native diets, if each foodstuff were assigned characteristic factors. The average factors here employed were based on mixed diets, and their use has to be enough evidence at present to support the use of separate factors for different foodstuffs, so long as the limitations of average factors are appreciated.

was known to have been enriched with calcium, or where acid calcium phosphate had been used as a raising agent. In these instances the amounts present

(Fe) require no comment. Copper (Cu) has not been determined in all the forms of meat and fish given in the tables. No figures for sulphur (S) were included in the two previous reports, but most of the foods which have been investigated since these were published have been analysed for sulphur (Masters and McCance, 1939). The mixed dried samples of fruits, vegetables and nuts, which had previously been used for the determination of nitrogen and phosphorus (Report No. 213), have now been analysed for sulphur. Fresh samples of onions, however, and of other vegetables which lose their volatile sulphur on being dried have had to be obtained. Since the nitrogen/sulphur ratio in meat and fish has been found to be very constant (Masters and McCance, 1939), the sulphur in most of these foods of animal origin has been calculated from the nitrogen found in the original mixed sample and an average nitrogen/sulphur ratio. For dietetic purposes this was deemed a justifiable thing to do.

The figures given for the *acid-base values* are expressed as c.c.  $\frac{N}{10}$  acid or alkali and have been calculated in the usual way. Sulphur and phosphorus have been taken to be divalent. No allowance has been made for the fact that certain fruits give rise to an excretion of hippuric acid (Sherman, 1937).

The first section of the Tables, giving the composition per 100 g., contains information which is not repeated in the second section. Thus it includes a description of each food, particulars of the method of cooking and the nature of the edible material. If the analytical data are being published for the first time, particulars are also given of the number of samples pooled for analysis and of their sources. Next follows a column headed "Edible matter, as eaten, expressed as a percentage of the weight as purchased." This gives essentially the same information as the column headed  $F_2$  in Report No. 187 and  $F$  in Report No. 213. For foods that were analysed and would have been eaten raw, it represents the percentage of edible material in the purchased food. For foods that were analysed cooked, the figure also allows for change of weight on cooking. The figure is usually less than 100, because both waste and loss of weight on cooking tend to reduce it. For a few foods however—e.g. some fish which have been fried with batter and crumbs, cooked dried pulses and stewed fruit—the figure is greater than 100, because the added batter and crumbs or the water outweigh the waste, if any, or the loss of weight on cooking.

The "100 g." section also contains figures for water, which were found by direct determination in all the analysed foods except meat and fish, where the



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values were obtained "by difference." Carbohydrate has been differentiated into starch and sugar in the "100 g." section, the starch always being expressed as glucose. For the fruits and vegetables, figures for the unavailable carbohydrate are also given. This was determined as described in Report No. 213. It was found impracticable to make this determination in cereals and other starchy foods. Figures for total nitrogen are given throughout the "100 g." section, and figures for purine nitrogen for the meat and fish.

Throughout the tables, the minus sign (—) signifies that no estimation has been made; *Tr.* indicates that traces of the constituent in question are known to be present. An estimation may or may not have been carried out, but in any case the amount is of no quantitative dietetic significance.

The phytic acid phosphorus in a number of foodstuffs is given on p. 148. This is expressed as a percentage of the total amount of phosphorus present. The importance of phytic acid is twofold. Firstly, its calcium and magnesium salts are very insoluble, and if the food contains much phytic acid, these insoluble salts may be precipitated in the stomach and duodenum, thus preventing the absorption and utilisation of the greater part of the calcium in the food. Secondly, the stability of phytates to intestinal disintegration prevents the phosphorus in them from being absorbed as freely as the phosphorus in other organic and inorganic compounds (McCance and Widdowson, 1935, 1942.)

In the first edition of this book a table was given showing the ionisable (inorganic) iron in a number of foodstuffs. It was at that time thought that only such iron was likely to be available for absorption, but since then, fresh work (Oldham, 1941, Black & Powell, 1942, McCance, Edgecombe and Widdowson, 1943) has called for a complete revision of our ideas on this subject, and the table has accordingly been omitted.

## NOTES ON TECHNIQUE AND SOME INDIVIDUAL FINDINGS

The Soxhlet method of determining fat in malted foods gives results which are much too low, and certainly incorrect. It also gives much lower results than von Lieberman's (1898) method for many cereals. In all such instances the higher figures have been preferred. On the other hand, the Soxhlet method gives much higher results than von Lieberman's method for condiments containing volatile oils (see p. 97). Some representative figures for cereals and malted foods are given below.

Food.	Fat (g/100g).		Food	Fat (g/100g).	
	By Soxhlet method	By von Lieberman's method		By Soxhlet method	By von Lieberman's method.
All-Bran,	1.0	4.5	Force	0.9	1.9
Kellogg's	13.3	20.5	Grapenuts ..	0.4	3.0
Biscuits,			Malted milk	1.2	8.6
digestive	5.0	8.4	(Horlick's)		
Biscuits, rusks	0.1	0.8	Ryvita	0.5	2.1
Cornflakes,			Shredded	0.9	2.8
Kellogg's	0.5	0.9	Wheat		
Flour, white ..	0.6	2.1	Vita-Wheat ..	6.0	10.3
Flour, brown ..					

The variation in the amounts of the elements present in different foodstuffs is enormous. The lowest concentrations are often outside the range of the analytical methods. The highest are often so remarkable that it is difficult not to comment upon them. Some of the meat and vegetable extracts are very rich in sodium chloride—even up to 25 per cent. Bovril contained more

potassium than any other food analysed (3.59 per cent.). Parmesan cheese had the highest concentration of calcium (1.22 per cent.) and Marmite of phosphorus (1.89 per cent.). Carrageen moss headed the list for magnesium (0.63 per cent.) and sulphur (5.46 per cent.). Curry powder contained more than three times as much iron as any other food (75 mg. per 100 g.), while liver contained most copper (5.8 mg. per 100 g.). Of all the foods analysed, Gruyère cheese contained most nitrogen (5.9 per cent.), corresponding to 36.8 per cent. of protein.

A few notes on individual findings given in the tables and not discussed in the previous reports are set out below. All have been confirmed by the analysis of at least two and generally three mixed samples.—

1. The sodium and chlorine in packet cheese are not present in the proportions usually found in cheese.
2. Fried fish tend to contain more calcium than the same fish after being steamed. This is because it is more difficult to separate the bones in the case of the fried fish and some small bones were almost inevitably included in the analysed (cellulose) material.
3. The unusually high figure for sulphur in dried apricots and dried peaches is probably to be attributed to the use of sulphur dioxide as a preservative (Leach and Winter, 1921; MacCallum, 1927).
4. The amount of iron in plain chocolate is much higher than would be expected from the analysis of the raw cocoa. It is suggested that this is due to iron contamination during storage.
5. The relative concentrations of sodium and chlorine in cocoa powder, Bournvita and wartime chocolate indicate that a salt has been added during manufacture. Sodium chloride has not yet been added to the wartime macaroni.
6. Golden syrup contains 7 times as much sodium as chloride. In black treacle the ratio is reversed.
7. The amount of iron found in Ovaltine (3.8 mg. per 100 g.) is much lower than that given by the Imperial Bureau of Animal Nutrition, 1931 (12.0 mg. per 100 g.).
8. The present figure for the amount of calcium in Marmite (77 mg. per 100 g.) is nearly thirteen times lower than that given by the Imperial Bureau of Animal Nutrition (880 mg. per 100 g.).

The present findings for these last two foods are believed to be approximately correct.

#### THE CHEMICAL COMPOSITION OF COOKED DIETARY CONTAINERS SEVERAL INGREDIENTS WITH TYPICAL FIGURES.

By C. M. VILLIEN ROSE, B.A. and J. M. PUGH, F.S.S.

Dietary investigations by the individual method employed need a knowledge of the composition of cooked foods. In the last few years some extensive surveys by this method have been made and there has been a constant demand not only for the composition of single foods, but also for the composition of cakes, puddings, etc., which are made from a mixture of ingredients combined in some special way. Since pooled samples of all these ingredients had been analysed, it was only necessary to know the loss or gain of water involved in the cooking process in order to calculate the nutrient composition of the made dish. This loss or gain of water can be determined only by an experiment. A series of dishes has accordingly been prepared and analysed from this point of view.

Several culinary books were studied and several hundred recipes were chosen. These are given below, and any food whose composition has been

# CHEMICAL COMPOSITION OF FOODS

values were obtained "by difference." Carbohydrate has been differentiated into starch and sugar in the "100 g." section, the starch always being expressed as glucose. For the fruits and vegetables, figures for the unavailable carbohydrate are also given. This was determined as described in Report No. 213. It was found impracticable to make this determination in cereals and other starchy foods. Figures for total nitrogen are given throughout the "100 g." section, and figures for purine nitrogen for the meat and fish.

Throughout the tables, the minus sign (—) signifies that no estimation has been made; *Tr.* indicates that traces of the constituent in question are known to be present. An estimation may or may not have been carried out, but in any case the amount is of no quantitative dietetic significance.

The phytic acid phosphorus in a number of foodstuffs is given on p. 148. This is expressed as a percentage of the total amount of phosphorus present. The importance of phytic acid is twofold. Firstly, its calcium and magnesium salts are very insoluble, and if the food contains much phytic acid, these insoluble salts may be precipitated in the stomach and duodenum, thus preventing the absorption and utilisation of the greater part of the calcium in the food. Secondly, the stability of phytates to intestinal disintegration prevents the phosphorus in them from being absorbed as freely as the phosphorus in other organic and inorganic compounds. (McCance and Widdowson, 1935, 1942.)

In the first edition of this book a table was given showing the ionisable (inorganic) iron in a number of foodstuffs. It was at that time thought that only such iron was likely to be available for absorption, but since then, fresh work (Oldham, 1941, Black & Powell, 1942, McCance, Edgcombe and Widdowson, 1943) has called for a complete revision of our ideas on this subject, and the table has accordingly been omitted.

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Kellogg's			Grapenuts	0.4	3.0
Biscuits,	13.3	20.5	Malted milk	1.2	8.6
digestive			(Horlick's)		
Biscuits, rusks	5.0	8.4	Ryvita	0.5	2.1
Cornflakes,	0.1	0.8	Shredded	0.9	2.8
Kellogg's			Wheat		
Flour, white	0.5	0.9	Vita-Wheat	6.0	10.3
Flour, brown	0.6	2.1			

The variation in the amounts of the elements present in different foodstuffs is enormous. The lowest concentrations are often outside the range of the analytical methods. The highest are often so remarkable that it is difficult not to comment upon them. Some of the meat and vegetable extracts are very rich in sodium chloride—even up to 25 per cent. Bovril contained more



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A few notes on individual findings given in the tables and not discussed in the previous reports are set out below. All have been confirmed by the analysis of at least two and generally three mixed samples—

1. The sodium and chlorine in picket cheese are not present in the proportions usually found in cheese.
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### THE CHEMICAL COMPOSITION OF COOKED DISHES CONTAINING SEVERAL INGREDIENTS, WITH THEIR RECIPES

By C. M. VIRDON-ROG, B.A. and J. M. PARRY, B.Sc.

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Several cookery books were studied and standard recipes for the dishes were chosen. These are given below, and any food whose composition has been

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Throughout the tables, the minus sign (—) signifies that no estimation has been made; *Tr.* indicates that traces of the constituent in question are known to be present. An estimation may or may not have been carried out, but in any case the amount is of no quantitative dietetic significance.

The phytic acid phosphorus in a number of foodstuffs is given on p. 148. This is expressed as a percentage of the total amount of phosphorus present. The importance of phytic acid is twofold. Firstly, its calcium and magnesium salts are very insoluble, and if the food contains much phytic acid, these insoluble salts may be precipitated in the stomach and duodenum, thus preventing the absorption and utilisation of the greater part of the calcium in the food. Secondly, the stability of phytates to intestinal disintegration prevents the phosphorus in them from being absorbed as freely as the phosphorus in other organic and inorganic compounds. (McCance and Widdowson, 1935, 1942.)

In the first edition of this book a table was given showing the ionisable (inorganic) iron in a number of foodstuffs. It was at that time thought that only such iron was likely to be available for absorption, but since then, fresh work (Oldham, 1941, Black & Powell, 1942, McCance, Edgecombe and Widdowson, 1943) has called for a complete revision of our ideas on this subject, and the table has accordingly been omitted.

## NOTES ON TECHNIQUE AND SOME INDIVIDUAL FINDINGS

The Soxhlet method of determining fat in malted foods gives results which are much too low, and certainly incorrect. It also gives much lower results than von Lieberman's (1898) method for many cereals. In all such instances the higher figures have been preferred. On the other hand, the Soxhlet method gives much higher results than von Lieberman's method for condiments containing volatile oils (see p. 97). Some representative figures for cereals and malted foods are given below.

Food	Fat (g/100g).		Food	Fat (g/100g).	
	By Soxhlet method	By von Lieberman's method		By Soxhlet method.	By von Lieberman's method.
All-Bran,	1.0	4.5	Force ..	0.9	1.9
Kellogg's	13.3	20.5	Grapenuts ..	0.4	3.0
Biscuits,			Malted milk	1.2	8.6
digestive	5.0	8.4	(Horlick's)	0.5	2.1
Biscuits, rusks	0.1	0.8	Ryvita ..	0.9	2.8
Cornflakes,			Shredded		
Kellogg's	0.5	0.9	Wheat	6.0	10.3
Flour, white	0.6	2.1	Vita-Weat		
Flour, brown ..					

The variation in the amounts of the elements present in different foodstuffs is enormous. The lowest concentrations are often outside the range of analytical methods. The highest are often so remarkable that it is difficult not to comment upon them. Some of the meat and vegetable extracts are rich in sodium chloride—even up to 25 per cent. Bovril contained

potassium than any other food analysed (3.59 per cent.). Parmesan cheese had the highest concentration of calcium (1.22 per cent.) and Marmite of phosphorus (1.89 per cent.). Carrageen moss headed the list for magnesium (0.63 per cent.) and sulphur (5.46 per cent.). Curry powder contained more than three times as much iron as any other food (75 mg. per 100 g.), while liver contained most copper (5.8 mg. per 100 g.). Of all the foods analysed, Gruyère cheese contained most nitrogen (5.9 per cent.), corresponding to 36.8 per cent. of protein.

A few notes on individual findings given in the tables and not discussed in the previous reports are set out below. All have been confirmed by the analysis of at least two and generally three mixed samples:—

1. The sodium and chlorine in packet cheese are not present in the proportions usually found in cheese.
2. Fried fish tend to contain more calcium than the same fish after being steamed. This is because it is more difficult to separate the bones in the case of the fried fish and some small bones were almost inevitably included in the analysed (edible) material.
3. The unusually high figure for sulphur in dried apricots and dried peaches is probably to be attributed to the use of sulphur dioxide as a preservative (Leach and Winton, 1920, Monier-Williams, 1927).
4. The amount of iron in glacé cherries is much higher than would be expected from the analysis of the raw fruit. It is suggested that this is due to iron contamination during stoning.
5. The relative concentrations of sodium and chlorine in cocoa powder, Bournvita and wartime chocolate indicate that alkali has been added during manufacture. Sodium chloride has evidently been added to the wartime macaroni.
6. Golden syrup contains 7 times as much sodium as chlorine. In black treacle the ratio is reversed.
7. The amount of iron found in Ovaltine (3.5 mg./100 g.) is much lower than that given by the Imperial Bureau of Animal Nutrition, 1938 (12.0 mg./100 g.).
8. The present figure for the amount of calcium in Marmite (77 mg./100 g.) is nearly thirteen times lower than that given by the Imperial Bureau of Animal Nutrition (980 mg./100 g.).

The present findings for these last two foods are believed to be approximately correct.

#### THE CHEMICAL COMPOSITION OF COOKED DISHES CONTAINING SEVERAL INGREDIENTS, WITH THEIR RECIPES

By C. M. VERDON-ROE, B.A. and J. M. PARRY, B.Sc.

Dietary investigations by the individual method depend upon a knowledge of the composition of cooked foods. In the last few years some extensive surveys by this method have been made, and there has been a constant demand not only for the composition of single foods, but also for the composition of cakes, puddings, etc., which are made from a mixture of ingredients cooked in some special way. Since pooled samples of all these ingredients had been analysed, it was only necessary to know the loss or gain of water introduced in the cooking process, in order to calculate an average composition for the made dish. This loss or gain of water can be determined only by actual experiment. A series of dishes has accordingly been prepared and cooked from this point of view.

Several cookery books were studied and standard recipes for the dishes were chosen. These are given below, and any food whose composition has been



arrived at in this way is referred to its particular recipe. The numbering of the recipes corresponds with the numbering of the dishes in the tables. Scones and rock buns appeared to be made according to two standard recipes, one containing eggs and one not. In these cases the food has been prepared by both methods. Plain white flour was always used before the war, and hence it was necessary to use a baking powder for cakes and certain puddings. The

... powder were—flour, 2 parts; tartaric acid, 2 parts;  
One level teaspoon of baking powder was taken  
Salt has been added to all the savoury dishes,  
and one level teaspoon of salt has been taken to weigh  $3\frac{1}{2}$  grammes ( $\frac{1}{8}$  oz.).

A study of the recipes used for the cakes will show that sometimes butter has been used, and sometimes margarine. This is because the recipe finally chosen advocated either the one or the other, and it has always been followed exactly. Apart from vitamins, the composition of any particular dish is not altered appreciably by replacing one fat by the other.

The recipes for the various dishes having been chosen, the ingredients were weighed and mixed together according to the directions. The mixture was weighed before it was cooked and again when it was ready for consumption. Any loss in weight was assumed to be due to evaporation of water. Then the composition of the cooked dish was calculated from the composition of the

and for water before making the calculations. For dishes that are usually eaten hot, the composition of the hot food was calculated; for cold dishes, computations were made on the basis of the cold weight. All the foods were cooked on at least two separate occasions, and the average of the results was taken. The amount of each ingredient given is the mean of the actual amounts used for the duplicate experiments. This explains why fractions rather than whole numbers sometimes appear in the recipes.

In making cakes and other dishes it is impossible to avoid leaving some of the raw material in the mixing bowl or on the utensils. In all such cases a correction was applied to allow for this loss.

The composition of cooked dishes altered during the war, partly because of the introduction of 85 per cent. extraction flour, dried eggs and dried skimmed milk, and also because rationing led to the adoption of plainer recipes. It should be pointed out, however, that this did not necessarily lead to a less nutritious product, and the case of jam tarts may be cited as an example.

A series of "economical" dishes has been cooked, using recipes advocated by the Ministry of Food, or modified pre-war ones, with dried eggs and "Household" milk instead of the fresh materials, with less fat and sugar and with 85 per cent. flour. Dried eggs and milk have been reconstituted according to the instructions of the Ministry of Food. The baking powder consisted of: flour, 3 parts, acid calcium phosphate, 2 parts; sodium bicarbonate, 1 part.

## RECIPES

### Preserves and Sweetmeats

#### 440 CHUTNEY, APPLE

16 oz. cooking apples, peeled and cored  
15 oz. onions, peeled  
3½ oz. raisins  
½ pint vinegar  
1 lb sugar

½ teaspoon mustard  
½ teaspoon pepper  
½ teaspoon ground ginger  
2 teaspoons curry powder  
1 teaspoon salt

Chop the apples and onions into small pieces. Mix all the ingredients, except the sugar, and boil gently till soft. Add the sugar and boil for a further ½ hour. Pour into jars and tie down.

## 441. CHUTNEY, TOMATO

2 lb. tomatoes  
 4½ oz cooking apples, peeled and cored  
 16 oz onions, peeled  
 3½ oz. sultanas  
 ½ pint vinegar

1 lb sugar  
 ½ teaspoon mustard  
 ½ teaspoon pepper  
 2 teaspoons curry powder  
 1 teaspoon salt

Peel the tomatoes and proceed as for apple chutney.

## 448 LEMON CURD

8 oz. sugar  
 2½ oz. butter

3 eggs  
 Juice of 3 lemons (4½ oz.)

Place the butter, sugar and lemon juice in a double pan and stir till melted. Add the eggs one by one and cook slowly, stirring all the time until the mixture coats the back of a wooden spoon

## 454. TOFFEE

8 oz sugar  
 1 oz butter  
 1 teaspoon vinegar

5 oz golden syrup  
 1 tablespoon water

Place all the ingredients in a saucepan and heat gently till melted. Boil rapidly for 10 minutes or until a small portion, dropped into cold water, becomes brittle. Pour into buttered tins and mark into squares while still warm

## Beverages

## 464 LEMONADE

Juice of one lemon (1½ oz)  
 1½ oz sugar

½ pint water

Dissolve the sugar in a little hot water. Allow to cool and add to the lemon juice and remainder of the water

## Cakes and Pastries

## 489. CHERRY CAKE

8 oz. flour  
 8 oz butter  
 8 oz sugar

3 eggs  
 6 oz glacé cherries  
 1 teaspoon baking powder

Beat the butter and sugar to a cream. Add each egg separately and beat well. Stir in the flour and baking powder and add the cherries cut into pieces. Bake in a moderate oven for 1½-2 hours.

## 490 CHOCOLATE CAKES

4 oz flour  
 3 oz. margarine  
 4 oz sugar

2 eggs  
 ½ oz cocoa  
 1 teaspoon baking powder

Cream the fat and sugar and add the well beaten eggs. Sift in the flour, cocoa and baking powder. Beat well. Half fill small cake tins and bake in a moderate oven for 20-30 minutes.

## 491 COCONUT CAKES

8 oz flour  
 3 oz margarine  
 2½ oz sugar  
 1 egg

2½ oz milk  
 1½ oz desiccated coconut  
 1 teaspoon baking powder

Mix the flour, baking powder and sugar and rub in the fat. Add the coconut. Mix to a stiff consistency with the egg and milk. Half fill small cake tins and bake in a hot oven for 15-30 minutes

## 493. CURRANT CAKE

8 oz flour  
 4 oz. margarine  
 4 oz sugar

3 eggs  
 4 oz currants  
 1 teaspoon baking powder

Cream the sugar and margarine and beat in the eggs. Add the flour and baking powder and then the fruit. Bake in a moderate oven for 1½-2 hours.

## 521. ROCK CAKES

8 oz. flour	4 oz. currants
3 oz. margarine	1½ oz. milk
3 oz. sugar	1 teaspoon baking powder
1 egg	

Rub the fat, flour, baking powder and sugar well together. Mix in the beaten egg and milk. Add the currants. Drop the mixture in small portions on to a baking sheet. Bake in a hot oven for about 15 minutes.

## 522. ROCK CAKES (economical)

8 oz. flour	2 oz. reconstituted
2 oz. margarine	" Household " milk
2 oz. sugar	1 oz. water (for reconstituting
¼ oz. sultanias	eggs)
½ oz. dried egg powder	1 teaspoon baking powder

Rub the margarine into the flour. Mix in the sugar, baking powder and sultanias. Mix to a stiff consistency with the reconstituted egg and milk. Drop the mixture in small portions on to a baking sheet. Bake in a hot oven for 20-30 minutes.

## 523. SCONES (WITH EGG)

8 oz. flour	1 egg
1 oz. butter	4 oz. milk
1 oz. sugar	1 teaspoon baking powder

Rub the butter into the flour and baking powder. Add the sugar, egg and enough milk to make a soft dough. Roll out ½ inch thick and cut into rounds. Bake in a hot oven for 10-15 minutes.

## 524. SCONES (WITHOUT EGG)

8 oz. flour	5 oz. milk
1½ oz. butter	1 teaspoon baking powder
½ oz. sugar	

Rub the fat into the flour, baking powder and sugar. Mix in the milk. Roll out and cut into rounds. Bake in a hot oven for 15-30 minutes.

## 525. SHORTBREAD

8 oz. flour	2 oz. castor sugar
4 oz. butter	

Beat the butter and sugar to a cream. Mix in the flour and knead till smooth. Press into a flat tin to about ½ inch in thickness. Bake in a moderate oven for 45-60 minutes

## 526. SPONGE CAKE

2 oz. flour	2 eggs
2 oz. sugar	

Whisk the sugar and eggs together in a basin over hot water till stiff. Fold in the flour. Bake in a moderate oven for 20-30 minutes

## 528. WELSH CHEESE CAKES

⅓ oz. flour	} Short pastry	2 oz. butter
⅓ oz. margarine		2 oz. sugar
2½ oz. water		1 egg
8 oz. jam		1 teaspoon baking powder
⅓ oz. flour		

Make the pastry in the usual way. Line some tins with pastry and put a little jam in the bottom of each. Cream the butter and sugar, and add the egg, beating well. Sift in the flour and baking powder and mix. Spread the mixture on top of the jam. Bake in a moderate oven for about half an hour.

*Puddings*

## 529. APPLE CHARLOTTE

13½ oz. apples, peeled and cored	2½ oz. sugar
3 oz. fresh breadcrumbs	1 oz. jam
3 oz. suet	½ oz. margarine

Grease a pie dish and line with breadcrumbs. Fill the dish with alternate layers of apple, suet, sugar, jam and breadcrumbs. Cover the top with crumbs and place dabs of margarine on the surface. Bake in a moderate oven till golden brown

## 530. APPLE DUMPLING

8 oz flour  
 3 oz. butter  
 2½ oz. water

} Short pastry

3 apples (18½ oz. peeled and  
 cored)  
 1½ oz sugar

Make the pastry. Divide into three and roll out. Peel and core the apples. Place one on each piece of pastry. Fill the centre of the apple with sugar. Work the pastry round the apple until it is well covered. Bake for 30-40 minutes in a moderate oven.

## 531. APPLE PUDDING

8 oz flour  
 4 oz suet  
 4½ oz water  
 1 teaspoon baking  
 powder

} Suet crust

10 oz. apples, peeled and cored  
 3 oz. sugar  
 1 oz. water

Make the suet crust. Roll out and line a basin. Trim off the uneven edges. Fill with peeled apples and a little water and sugar. Roll out the trimmings to cover the basin. Steam for 1½-2 hours.

## 532. APPLE TART

8 oz. raw short pastry  
 8 oz apples, peeled and cored

2 oz sugar  
 1 oz water

Place the prepared apples, sugar and water in a pie dish. Roll out the pastry and place over the dish. Bake in a moderate oven for 30-40 minutes.

## 533. BANANA CUSTARD

1 pint milk  
 1 oz custard powder  
 1½ oz sugar

} Custard

6 bananas

Make the custard (Recipe No 545) and slice the bananas into it. Serve when cold.

## 534. BLANCMANGE

1 pint milk  
 1½ oz cornflour

1½ oz sugar

Mix the cornflour to a smooth paste with a little of the milk. Heat the remainder of the milk and sugar together. When hot stir into the paste and then transfer the whole to the saucepan. Cook gently with stirring for about 5 minutes. Turn into a mould and allow to set.

## 535. BREAD PUDDING (economical)

8 oz. stale bread  
 2 oz. flour  
 1 oz. sugar  
 2 oz cooking fat  
 3 oz sultanas  
 1 oz. dried egg powder  
 1 oz reconstituted "Household" milk

8 oz water for reconstituting  
 egg and for soaking bread  
 1 teaspoon ground ginger  
 ½ teaspoon baking powder  
 ½ teaspoon sodium  
 bicarbonate

Soak the bread in water for 5-10 minutes. Drain and break up with a fork. Mix in the flour, sugar, sultanas, ginger and baking powder. Mix to a soft consistency with melted cooking fat and reconstituted egg. Dissolve the bicarbonate in the reconstituted milk and add last. Bake in a moderate oven for about 45 minutes.

## 536. BREAD AND BUTTER PUDDING

1 pint milk  
 1 oz sugar  
 2 eggs

1 oz currants  
 2½ oz bread  
 ½ oz butter

Cut the bread very thinly and spread with butter. Beat the eggs with the sugar and add the milk. Place the bread and the currants in a pie dish in alternate layers. Pour the egg and the milk over the bread and bake in a moderate oven for about 30 minutes.

## 537. CABINET PUDDING

½ pint milk  
 1½ oz sugar  
 2 eggs

2 oz. raisins  
 3 oz bread  
 ½ oz butter

Spread the bread with butter and cut into dice. Mix the egg, sugar and milk and pour over the bread and raisins. Soak for about half an hour. Pour into a greased basin, cover with greased paper and steam slowly till set.

## 538. CANARY PUDDING

8 oz flour	2 eggs
4 oz butter	$\frac{1}{2}$ oz milk
4 oz. sugar	1 teaspoon baking powder

Cream the butter and sugar together and beat in the eggs. Stir in the flour, baking powder and milk. Bake in a moderate oven for 30-45 minutes.

## 539 and 540. CASTLE PUDDING (BAKED OR STEAMED)

8 oz. flour	2 oz sugar
2 oz. butter	$\frac{1}{2}$ teaspoon baking powder
1 egg	

Cream the butter and sugar together and beat in the egg. Add the flour and baking powder. Put in greased danole tins and bake in a moderate oven for about 20 minutes or steam for one hour.

## 541. CHOCOLATE MOULD

1 pint milk	1 $\frac{1}{2}$ oz. cornflour
2 oz sugar	$\frac{1}{2}$ oz. cocoa

Mix the cornflour and cocoa to a smooth paste with a little of the milk. Heat the rest of the milk and the sugar. Pour the hot liquid on to the paste. Return to the pan and boil for 5 minutes, stirring all the time. Pour into a mould and allow to set.

## 542. COLLEGE PUDDING

2 oz breadcrumbs	1 oz. sultanas
2 oz. suet	1 egg
2 oz sugar	1 teaspoon baking powder
1 oz. currants	

Mix all the dry ingredients together. Add the egg, previously well beaten, and stir till thoroughly mixed. Put the mixture into greased danole tins and bake for 25 minutes.

## 543 CUSTARD, EGG (BAKED)

1 pint milk	1 oz. sugar
2 eggs	

Beat the eggs and sugar together. Add the milk and place in a greased pie dish. Stand in a pan of water and bake in a moderate oven until set. (About 40 minutes.)

## 544. CUSTARD, EGG (BOILED)

1 pint milk	2 oz. sugar
2 eggs	

Beat the eggs and sugar together. Boil the milk and pour over the mixture, stirring all the time. Return to the pan. Stir for a few minutes until the mixture thickens and coats the back of a spoon. Remove from the fire immediately. Allow to cool.

## 545. CUSTARD, POWDER

1 pint milk	1 $\frac{1}{2}$ oz. sugar
1 oz custard powder	

Blend the custard powder with a little of the milk. Add the sugar to the remainder of the milk, bring to the boil and pour immediately over the paste, stirring all the time. Allow to cool.

## 546. CUSTARD TART

8 oz. flour	} Short pastry	$\frac{1}{2}$ pint milk
4 oz. margarine		1 egg
3 $\frac{1}{2}$ oz. water		1 oz. sugar

Make the pastry and line a shallow tin. Make the custard (Recipe No. 543) and use as filling. Bake in a moderate oven till set.

## 547. DUMPLING

4 oz flour	3 $\frac{1}{2}$ oz. water
1 $\frac{1}{2}$ oz suet	1 teaspoon baking powder

Mix all the ingredients together with cold water to form a soft dough. Divide into twelve balls. Flour each one and place in boiling water. Boil for half an hour.

## 548 GOOSEBERRY TART

6 oz raw short pastry  
 11 oz. gooseberries

2 oz. sugar  
 1 oz. water

Place the prepared gooseberries, sugar and water in a pie dish. Roll out the pastry and place over the dish. Bake in a moderate oven for 30-40 minutes.

## 549. GOOSEBERRY TART WITH POTATO PASTRY (economical)

10 oz raw potato pastry  
 12 oz. gooseberries

2 oz. water  
 Saccharin to sweeten

Place the gooseberries, saccharin and water in a pie dish. Make the pastry, roll out and place over the dish. Bake in a moderate oven for 45-60 minutes.

## 550. JAM OMELETTE

■ eggs  
 1/2 oz butter

1 oz jam  
 1/2 oz sugar

Beat the yolks and sugar together. Whisk the whites stiffly and fold into the yolks. Pour the mixture into an omelette pan and cook until well risen. Brown slightly under the grill. Spread with jam and fold into two.

## 551. JAM ROLL, BAKED

■ oz flour  
 4 oz margarine  
 3 1/2 oz water

6 oz. jam

} Short pastry

Make the pastry. Roll out and spread with jam. Damp the edges and roll up. Bake in a moderate oven for 40-50 minutes.

## 552 JELLY

6 1/2 oz jelly cubes

Water

Dissolve the jelly cubes in hot water. Make up to a pint with water. Pour into a mould and allow to set.

## 553 JELLY (MILK)

6 1/2 oz jelly cubes  
 1/2 pint milk

Water

Dissolve the jelly cubes in as little hot water as possible. Allow to cool. Add half a pint of milk slowly, stirring all the time. Make up to a pint of mixture with water. Leave to set in a mould.

## 554 PANCAKES

4 oz flour  
 1/2 pint milk  
 1 egg

2 oz sugar  
 1 1/2 oz margarine

Break the eggs into the flour and add a little water to make a smooth paste. Add the sugar and margarine. Cook in a moderate oven.

(Sufficient for about 12 small pancakes)

## 555 PLUM TART

11 oz raw short pastry  
 8 oz plums (weighed with stones)

2 oz sugar  
 1 oz water

Place the plums, sugar and water in a pie dish. Roll out the pastry and cover the dish. Bake in a moderate oven for about 30-40 minutes.

## 556 QUEEN OF PUDDINGS

1/2 pint milk  
 2 oz breadcrumbs  
 2 eggs

1 oz butter  
 1 oz sugar  
 2 oz jam

Pour the heated milk and butter over the breadcrumbs and sugar. Allow to stand for 10 minutes. Whisk the whites.

## CHEMICAL COMPOSITION OF FOOD

557. RHUBARB TART  
6 oz. raw short pastry  
8 oz. rhubarb  
Place the prepared rhubarb, sugar and water in a pie dish. 1 oz. s  
cover the dish. Bake in a moderate oven for about 30-40 minute 1 oz. w  
2 hours
558. RICE PUDDING  
1 pint milk  
2 oz. rice  
Place the rice, milk, butter and sugar in a pie dish. 1 oz. sug  
2 hours 1 oz. but  
Bake in a
559. RICE PUDDING (economical)  
2 oz. "Household" milk powder  
1 pint water  
2 oz. rice  
Place the rice, sugar, margarine and reconstituted milk in a pie di 1 oz. sug  
oven for 3 hours, stirring occasionally during cooking 1 oz. mar
560. SAGO PUDDING  
1 pint milk  
2 oz. sago  
Soak the sago in the milk for 20 minutes. Add the sugar and bake i 1 1/2 oz. sugar  
30 minutes
561. SEMOLINA PUDDING  
1 pint milk  
2 oz. semolina  
Heat the milk and sprinkle in the semolina. Bring slowly to the boil 1 1/2 oz. sugar  
the grain is soft. Add the sugar and pour into a pie dish. Bake in a mo 3 1/2 oz. milk  
about 20 minutes 1 teaspoon bakin
562. SUET PUDDING, PLAIN  
2 oz. flour  
2 oz. breadcrumbs  
2 oz. suet  
Place all the dry ingredients together in a basin. Mix to a soft paste w 1 1/2 oz. sugar  
Pour into a greased basin. Steam for 2 1/2 hours 3 1/2 oz. milk
563. SUET PUDDING WITH RAISINS  
2 oz. flour  
2 oz. breadcrumbs  
2 oz. suet  
2 oz. raisins  
Place the flour, breadcrumbs, suet, sugar and baking powder in a basin and 1 1/2 oz. sugar  
soft paste with the milk. Add the raisins and mix well. Pour into a greased bas 3 1/2 oz. milk  
for 2 1/2 hours 1 teaspoon baking
564. SUET PUDDING WITH SULTANAS (economical)  
6 oz. flour  
2 oz. suet  
1 1/2 oz. sugar  
3 oz. sultanas  
Mix together flour, suet, sugar and baking powder. Make to a soft dropping con 5 oz. reconstituted  
with reconstituted milk. Pour into a greased basin and steam for 3 hours. 1 teaspoon baking pow  
"Household"
565. SYRUP SPONGE PUDDING (economical)  
4 oz. flour  
2 oz. sugar  
2 oz. margarine  
2 1/2 oz. golden syrup  
1/2 oz. dried egg powder  
Cream the margarine and sugar together and add the beaten reconstituted 1 oz. reconstituted  
the flour and baking powder and mix to a stiff dropping consistency 1 oz. water for reconsti  
sides and bottom of a basin with the syrup 1/2 teaspoon baking pow

## 566 TAPIOCA PUDDING

1 pint milk  
2 oz. tapioca

1½ oz sugar

Pour the milk over the tapioca and allow to stand for half an hour. Add the sugar.  
Bake in a slow oven for 20 minutes.

## 567. TREACLE TART

12 oz raw short pastry  
10 oz golden syrup

1½ oz fresh breadcrumbs

Line shallow tins with pastry. Pour in the golden syrup. Sprinkle with breadcrumbs.  
Bake in a hot oven for about 30 minutes

## 568 TRIFLE

3½ oz sponge cake  
2½ oz jam

1 pint powder custard (Recipe  
No 545).

Pour the custard over the sponge cakes, which have been previously cut into slices and spread with jam. Allow to cool.

## 569. YORKSHIRE PUDDING

½ pint milk  
4 oz flour  
1 egg

½ oz. dripping  
1 level teaspoon salt

Salt the flour and break the egg into it. Beat till smooth, gradually adding about half the milk. Add the remainder of the milk and allow to stand for at least half an hour. Pour into a tin containing very hot dripping. Bake in a hot oven for 30 minutes.

## 570. YORKSHIRE PUDDING (economical)

4 oz. flour  
1 oz. cooking fat  
½ oz. dried egg powder

1½ oz water  
1 teaspoon baking powder  
1 teaspoon salt

Mix together the flour, salt, baking powder and dried egg powder. Add the water and beat well. Allow to stand for 1 hour. Pour into a tin containing the hot cooking fat. Bake in a hot oven for 30 minutes.

## [Meat and Fish Dishes

## 571. BEEF STEAK PUDDING

■ oz flour  
2 oz suet  
4 oz. water  
1 teaspoon baking powder  
½ teaspoon salt

8 oz raw steak  
½ oz flour  
1 oz water  
2 level teaspoons salt

Make the suet crust pastry and line a pudding basin, leaving sufficient for a lid. Cut the meat into slices and roll in the salted flour. Put into the basin. Add a little water and cover with the remainder of the pastry. Steam for about 2 hours

## 572. BEEF STEW

■ oz raw steak  
1 carrot, scraped (2 oz)  
1 onion, peeled (2 oz)

8 oz water  
½ oz. flour  
2 level teaspoons salt

Cut the meat into pieces and roll in the seasoned flour. Place in a casserole with the sliced vegetables and water. Cover and bake in a moderate oven for ■ hours.

## 573 CURRIED MEAT

9½ oz. cooked meat  
2½ oz. dripping  
3 onions, peeled (12½ oz)  
1 apple, peeled and cored (2½ oz)  
2 oz. sultanas

½ oz. desiccated coconut  
1 oz flour  
1 oz. curry powder  
1 pint water  
2 level teaspoons salt

Chop the onions and fry in the dripping. Add the chopped apple, sultanas and coconut, then the flour and curry powder, and fry a minute or two. Add the water and bring to the boil. Simmer for 5 minutes. Add the cooked meat, which has been cut into pieces, and reheat.



## CHEMICAL COMPOSITION OF FOODS

## 574. FISH CAKES

8 oz. steamed cod  
4 oz. mashed potato  
1 egg  
 $\frac{1}{2}$  oz. flour

Heat the fat in a pan and add the coarsely chopped fish, potato and half the beaten egg. Mix well and allow to cool. Shape into six flat round cakes. Coat with flour, then with the other half of the egg and finally with breadcrumbs. Fry in very hot deep fat for 3 minutes.

$\frac{1}{2}$  oz. margarine  
1 oz. dried breadcrumbs  
1 level teaspoon salt

## 575. FISH CAKES (economical)

8 oz. steamed cod  
8 oz. mashed potato  
 $\frac{1}{2}$  oz. dried egg powder  
1 oz. raw onion  
 $\frac{1}{2}$  oz. parsley

Flake the fish and mix with the mashed potato, chopped parsley and onion, salt and vinegar. Shape into cakes and dip in the reconstituted egg and cover with breadcrumbs. Bake in a moderate oven for 30 minutes.

1 teaspoon vinegar  
1 oz. browned breadcrumbs  
1 oz. water for reconstituting egg  
1 teaspoon salt

## 576. FISH PIE

8 oz. steamed cod  
4 oz. mashed potato  
2 oz. suet  
1 egg

Chop the fish coarsely, and add the suet, potato, half the breadcrumbs and the seasoning. Stir in the beaten egg and the milk. Place in a greased pie dish. Cover the surface with breadcrumbs and dabs of margarine. Bake in a moderate oven for about half an hour.

7 oz. milk  
 $\frac{1}{2}$  oz. margarine  
 $\frac{1}{2}$  oz. breadcrumbs  
2 level teaspoons salt

## 577. Hot Pot

8 oz. raw steak  
2 onions, peeled (5 oz.)  
2 carrots, scraped (3 oz.)

Cut the steak into small pieces and arrange in layers with slices of carrot and onion. Add a little water and seasoning. Slice the potatoes and place on top. Bake in a moderate oven for about 1½ hours.

8 oz. raw potato, peeled  
4 oz. water  
2 level teaspoons salt

## 578. IRISH STEW

8 oz. neck of mutton (weighed with bone)  
8 oz. potato, peeled  
4 oz. onion, peeled

Cut up the meat, potato and onion and put into a saucepan. Add the water and barley and bring to the boil. Skim well and allow to simmer slowly for 1½ hours.

12 oz. water  
 $\frac{1}{2}$  oz. pearl barley  
 $\frac{1}{2}$  teaspoon salt

## 579. KEDGEREE

8 oz. smoked fillet, steamed  
2 oz. rice  
1 oz. margarine

Boil the rice. Melt the margarine and add the boiled rice, flaked fish, beaten egg and seasoning. Mix well and stir in the chopped hard boiled egg. Put in a pie dish and cook in a moderate oven for 20 minutes.

2 eggs (one hard boiled)  
 $\frac{1}{2}$  teaspoon salt

## 580 and 581 SAUSAGE ROLL

5½ oz. raw flaky pastry  
2 oz. raw sausage meat

Make the pastry, roll out and cut into squares of 4 inches. Place some sausage in the middle of each. Fold over, and bake in a hot oven for 20-30 minutes.

or  
 $\left\{ \begin{array}{l} 7\frac{1}{2} \text{ oz. raw short pastry} \\ 3\frac{1}{2} \text{ oz. raw sausage meat} \end{array} \right.$

## 582 and 583 SAUSAGE ROLL (economical)

10 oz. raw short pastry (economical)  
5 oz. raw sausage meat  
 $\frac{1}{2}$  oz. flour

Make the pastry, roll out and cut into squares of 4 inches. Place a piece of sausage meat rolled in flour in the middle of each. Fold over the pastry, and bake in a hot oven for 30 minutes.

or  
 $\left\{ \begin{array}{l} 10 \text{ oz. raw potato pastry} \\ 5 \text{ oz. raw sausage meat} \\ \frac{1}{2} \text{ oz. flour} \end{array} \right.$

## 584 SHEPHERD'S PIE

6½ oz. beef, cooked  
3½ oz. onion, boiled  
18½ oz. potato, boiled  
2 oz. milk

½ oz. margarine  
6 oz. water  
2 level teaspoons salt

Mince the meat and chop up the onion. Moisten with water and add the seasoning. Mash the potatoes with the milk and margarine. Place the mince and onion in a pie dish. Pile the potato on top. Bake in a hot oven till brown.

## 585 STEAK AND KIDNEY PIE

7 oz. raw flaky pastry  
7½ oz. raw beef steak  
3½ oz. raw kidney

2 oz. water  
2 level teaspoons salt  
½ oz. flour

Make the pastry. Cut the steak and kidney into pieces and roll in flour. Place with water and seasoning in the pie dish. Cover with pastry. Bake in a hot oven for 20 minutes, then reduce the heat and continue cooking slowly for 2-2½ hours.

## 586. TOAD-IN-THE-HOLE

½ pint milk  
4 oz. flour  
2 eggs

} Batter

8 oz. raw sausage  
2 oz. dripping  
2 level teaspoons salt

Make the batter and pour into a pie dish containing hot dripping. Skin the sausages and place them in the batter. Add the salt. Bake in a hot oven for about 40 minutes.

## Egg and Cheese Dishes

## 587. BUCK RAREBIT

3 oz. cheese  
1 oz. butter  
½ oz. milk

2 oz. white toast  
½ oz. butter on toast  
1 egg

Grate the cheese and make the toast. Mix together the cheese, butter and milk, and spread evenly on the buttered toast. Place under the grill, and cook until a light brown. Poach the egg, and place on top of the toasted cheese.

## 588 CHEESE OMELETTE

2 eggs  
1½ oz. cheese

½ oz. butter  
1 level teaspoon salt

Beat the eggs with the seasoning and add the grated cheese. Heat the butter in an omelette pan, pour in the mixture and stir till it begins to thicken evenly. While still creamy, fold the omelette in two and brown lightly.

## 589. CHEESE PUDDING (economical)

1 oz. "Household" milk powder  
2 oz. dried egg powder  
2 oz. cheese  
2 oz. breadcrumbs

11 oz. water for reconstituting  
egg and milk  
1 teaspoon salt  
½ teaspoon mustard

Heat the reconstituted milk to boiling. Add the breadcrumbs, grated cheese, salt and mustard, and stir. Remove from the stove and add the reconstituted beaten eggs. Place in a dish, and brown under the grill for 10 minutes.

## 590. CHEESE STRAWS

2 oz. flour  
2 oz. butter  
3 oz. cheese

½ an egg yolk  
½ oz. water  
½ teaspoon salt

Rub the butter into the flour. Add the grated cheese and seasoning. Bind to a stiff paste with the yolk and water. Roll out thinly and cut into narrow strips. Bake in a hot oven for about 10 minutes.

## 591. MACARONI CHEESE

½ pint milk  
1 oz. margarine  
1 oz. flour

2 oz. macaroni  
3 oz. cheese  
3 level teaspoons salt

Break the macaroni into small pieces and boil; drain well. Make a sauce of the milk, flour and margarine. Stir in three quarters of the grated cheese. Add the boiled macaroni. Put the mixture in a pie dish and sprinkle the remainder of the cheese on top. Brown under the grill.

## CHEMICAL COMPOSITION OF FOODS

592. MACARONI CHEESE (economical)  
 8 oz. macaroni  
 3 oz. cheese  
 1 oz. flour  
 ½ oz. margarine

Boil the macaroni in water until soft, and drain well. Melt the margarine in a saucepan, and stir in the flour and salt. Remove from the stove and add the reconstituted milk slowly. Add the cooked macaroni and about three-quarters of the grated cheese. Pour into a greased dish, and sprinkle the remainder of the cheese on top. Brown under the grill for about 10 minutes.

- 1½ oz. "Household" milk powder  
 15 oz. water for reconstituting  
 ½ teaspoon salt

## 593. OMELETTE

- 2 eggs  
 1½ oz. butter

Beat the eggs with the salt and add the water. Heat the butter in an omelette pan, pour in the mixture and stir till it begins to thicken evenly. While still creamy, fold the omelette in two and brown lightly.

- ½ oz. water  
 1 level teaspoon salt

## 594. SCOTCH EGG

- 3 eggs  
 8 oz. raw sausage  
 ½ oz. breadcrumbs

Hard boil the eggs, cool and remove shells. Skin the sausages and flatten each on a floured board. Dip each egg in flour and cover with the sausage meat. Brush with beaten egg and coat with crumbs. Fry in very hot deep fat for about 3 minutes.

- ½ oz. flour  
 ½ oz. beaten egg

## 595. SCRAMBLED EGGS

- 2 eggs  
 ½ oz. butter

Beat the eggs with the seasoning and add the milk. Heat the butter in a pan and add the beaten eggs and milk. Stir over a gentle heat until the mixture thickens.

- ½ oz. milk  
 1 level teaspoon salt

## 596. SCRAMBLED EGGS (WITH DRIED EGGS)

- ½ oz. dried egg powder  
 ½ oz. margarine

Melt the margarine in a saucepan and add the beaten reconstituted egg and salt. Stir over a gentle heat until the mixture thickens.

- 1 oz. water for reconstituting the egg  
 ½ level teaspoon salt

## 597. WELSH RAREBIT

- 3 oz. cheese  
 1 oz. butter  
 ½ oz. milk

Make as for Duck Rarebit, omitting the egg.

- 2 oz. white toast  
 ½ oz. butter on toast

## Sauces and Soups

## 598. BREAD SAUCE

- ½ pint milk  
 2 oz. fresh breadcrumbs  
 ½ oz. butter

Put the milk and onion in a saucepan and bring to the boil. Add the breadcrumbs, and simmer gently for about 20 minutes. Remove the onion and add the seasoning, stir in the butter and serve.

- 1 small onion  
 ½ teaspoon salt

## 601. CHEESE SAUCE

- ½ pint milk  
 ½ oz. flour  
 ½ oz. margarine } White sauce

Melt the fat in a pan. Add the flour, and cook gently for a few minutes, stirring all the time. Add the milk, and cook until the mixture thickens, stirring continually. Add the grated cheese and seasoning. Cook for a few minutes.

- 1½ oz. cheese  
 1 level teaspoon salt

## 602. EGG SAUCE

$\frac{1}{2}$ pint milk	} White sauce
$\frac{1}{2}$ oz. flour	
$\frac{1}{4}$ oz. margarine	

1 hard-boiled egg  
1 level teaspoon salt

Make the sauce and add the chopped egg and seasoning.

## 603. ONION SAUCE

$\frac{1}{2}$ pint milk	} White sauce
$\frac{1}{2}$ oz. flour	
$\frac{1}{4}$ oz. margarine	

8 oz. onion, boiled  
1 level teaspoon salt

Make the sauce and add the chopped onion and seasoning

## 604. POTATO SOUP

$13\frac{1}{2}$  oz. potatoes, peeled  
1 onion, peeled ( $4\frac{1}{2}$  oz.)  
1 oz. dripping

$\frac{1}{2}$  pint milk  
 $\frac{1}{2}$  pint water  
2 level teaspoons salt

Melt the fat in a pan. Slice the vegetables and fry in the fat. Add the water and seasoning. Bring to the boil, cover and simmer for an hour. Rub through a sieve, add the milk and reheat.

## 606. WHITE SAUCE, SAVOURY

$\frac{1}{2}$  pint milk  
 $\frac{1}{2}$  oz. flour

$\frac{1}{2}$  oz. margarine  
1 level teaspoon salt

Melt the fat in a pan. Add the flour, and cook for a few minutes, stirring all the time. Add the milk and seasoning, and cook gently until the mixture thickens, stirring continually.

## 607. WHITE SAUCE, SWEET

$\frac{1}{2}$  pint milk  
 $\frac{1}{2}$  oz. flour

$\frac{1}{2}$  oz. margarine  
1 oz. sugar

Make the sauce in the same way as the savoury sauce, adding the sugar instead of salt.

## Vegetable Dishes

## 608. POTATO CAKES (economical)

8 oz. mashed potato  
 $1\frac{1}{2}$  oz. flour

1 level teaspoon salt

Mix the flour and salt with the mashed potato. Roll out, cut into cakes and cook slowly on a hot plate or griddle.

## 609. VEGETABLE PIE WITH POTATO PASTRY (economical)

$12\frac{1}{2}$  oz. raw potato  
5 oz. raw turnip  
 $4\frac{1}{2}$  oz. raw carrot  
 $1\frac{1}{2}$  oz. raw onion

$7\frac{1}{2}$  oz. raw potato pastry  
 $3\frac{1}{2}$  oz. water  
1 teaspoon salt

Slice the vegetables and place in a pie dish. Add the salt and water, and cover with the pastry. Bake in a moderate oven for 1 hour.



COMPOSITION  
OF  
FOODS  
PER 100 GRAMMES

## Cereals and Cereal Foods

No	Food.	Description and number of samples.	g. per 100 g.			
			Water.	Sugar (as invert sugar)	Starch and dextrins (as glucose).	Total nitrogen.
1	All-Bran, Kellogg's	2 packets from different shops	8.0	18.2	39.8	2.20
2	Arrowroot	2 samples from different shops	12.2	Tr.	94.0	0.07
3	Barley, pearl, raw	2 samples from different shops	10.6	Tr.	83.6	1.35
4	Barley, pearl, boiled	2 samples from different shops (boiled in water)	69.6	Tr.	27.6	0.48
5	Biscuits, cream crackers	2 varieties	3.5	Tr.	57.5	1.49
6	Biscuits, digestive (1938)	3 varieties	4.5	16.4	49.8	1.68
7	Biscuits, digestive (1944)	Same 3 varieties	5.2	16.3	50.3	1.30
8	Biscuits, plain mixed (1936)	Marie (3 varieties), Osborne (3 varieties)	5.2	15.8	59.5	1.29
9	Biscuits, plain mixed (1944)	Marie (1 variety), Osborne (2 varieties), Petit Beurre (1 variety)	5.1	19.9	54.5	1.23
10	Biscuits, rusks	2 varieties	6.4	11.8	69.8	1.06
11	Biscuits, sweet mixed	3 varieties	0.7	25.0	41.5	0.97
12	Biscuits, water	3 varieties	4.5	2.3	73.5	1.89
13	Bread, currant (1936)	4 samples from different shops	37.7	13.0	38.8	1.12
14	Bread, flours (1936)	4 samples from different shops	39.0	Tr.	46.7	1.83
15	Bread, malt (1936)	3 varieties	39.0	18.6	30.8	1.46
16	Bread, brown (90%)	Baked from flours Nos. 37-40. (See p. 28.)	39.0	Tr.	53.3	1.46
17	Bread, National Wheatmeal (85%)		38.0	Tr.	55.5	1.48
18	Bread (80%)		37.0	Tr.	57.5	1.46
19	Bread, white (70%)	2 packets from different shops	36.0	Tr.	50.3	1.43
20	Bread, white, toasted		24.0	Tr.	70.5	1.70
21	Bread, white, fried in lard		4.0	Tr.	52.5	1.27
22	Cornflakes, Kellogg's	3 samples from different shops	8.0	10.4	77.8	1.16
23	Cornflour	Take = cornflour	12.5	Tr.	92.0	0.09
24	Custard powder					

## COMPOSITION PER 100 GRAMMES

27

No.	Food	g. per 100 g.		Calor-ies per 100 g.	mg. per 100 g.										Acid-base balance, c.c. per 100 g.	
		Protein (N x 5.7).	Fat		Na.	K.	Ca.	Mg.	Fe.	Cu.	P.	S.	Cl.	N Total	N Alkali.	
1	Kellogg's	12.6	4.5	311	(1210)	955	82.1	420.1	10.80	0.46	815	182.0	(2020)	43		
2	"	0.4	0.1	355	4.8	13	7.0	7.8	1.95	0.22	27	1.6	7.1	4		
3	arl, raw	7.7	1.7	360	2.6	123	9.7	20.2	0.67	0.12	206	107.0	105.0	175		
4	arl, boiled	2.6	0.6	120	0.8	40	3.4	6.8	0.23	0.04	70	36.5	35.8	60		
5	ream crackers	8.5	33.0	557	(438)	128	17.9	19.0	0.96	0.15	82	77.8	(705)	53	24	
6	igestive (1935)	9.6	20.5	481	(435)	156	43.6	32.0	1.57	0.23	134	72.0	(432)			
7	igestive (1944)	7.4	22.6	489	(432)	180	35.6	40.2	2.00	0.30	148	—	(375)	—	33	
8	plain mixed	7.4	13.2	435	(244)	170	45.4	14.3	1.24	0.08	41	83.4	(260)	—	—	
9	plain mixed	7.0	15.5	451	(441)	185	56.6	41.4	1.81	0.27	183	—	(335)	—	—	
10	"	6.0	8.4	409	(206)	140	86.6	27.3	2.66	0.21	81	107.0	(174)	13	24	
11	weet mixed	5.5	30.7	556	(216)	136	27.2	14.0	0.83	0.12	66	31.8	(371)	40		
12	ater	10.7	12.5	444	(472)	142	52.1	18.9	0.94	0.08	87	100.0	(678)	20		
13	rant (1936)	6.4	3.4	252	(164)	250	37.6	24.7	2.35	0.09	121	59.4	(284)	55		
14	rus (1936)	10.4	3.7	252	(455)	243	27.5	78.8	2.95	0.09	257	77.3	(640)	74		
15	it (1936)	8.3	3.3	250	(275)	381	53.0	77.8	3.21	0.06	253	114.5	(526)	—		
16	wn (90%)	8.3	1.4	246	(393)	147	17.2	52.3	2.01	0.32	160	—	(607)	—		
17	ational (heat-5%)	8.5	1.2	254	(393)	116	15.3	37.4	1.83	0.26	127	—	(607)	—		
18	"	8.3	1.0	259	(393)	94	13.2	26.9	1.59	0.20	99	—	(607)	—		
19	ite (70%)	8.1	0.8	264	(393)	70	11.4	16.4	1.43	0.15	69	—	(607)	—		
20	ite, toasted	9.6	1.0	314	(467)	83	13.5	19.5	1.70	0.18	82	—	(720)	—		
21	ite, fried	7.2	37.2	573	(348)	62	10.1	14.5	1.27	0.13	61	—	(537)	—		
22	, Kellogg's	6.6	0.8	367	(1050)	114	7.4	16.5	2.50	0.09	58	92.5	(1520)	20	6	
23	"	0.5	0.7	354	51.6	61	15.3	7.2	1.43	0.13	39	1.1	71.0			
24	" powder															

Take as Cornflour.

Note.—If flour is fortified with CaCO<sub>3</sub>, add 46 mg. Ca per 100 g. bread.



## CHEMICAL COMPOSITION OF FOODS

## Cereals and Cereal Foods—continued

No	Food	Description and number of samples.	g. per 100 g.			
			Water.	Sugar (as invert sugar).	Starch and dextrins (as glucose)	Total nitrogen.
25	Flour, English (100% whole wheat)	Composite sample of 19 varieties, weighted for popularity. (See <i>Biochem. J.</i> , 1945, 39, 213.)	15.0	Tr.	73.4	1.58
26	Flour, English (85%)		15.0	Tr.	79.1	1.50
27	Flour, English (80%)		15.0	Tr.	80.8	1.44
28	Flour, English (75%)		15.0	Tr.	81.5	1.40
29	Flour, English (70%)		15.0	Tr.	81.9	1.39
30	Flour, English (Patent)	Composite sample from 24 shiploads (12 No. 1 Manitoba and 12 No. 2 Manitoba). (See <i>Biochem. J.</i> , 1945, 39, 213.)	15.0	Tr.	83.2	1.34
31	Flour, Manitoba (100% whole wheat)		15.0	Tr.	69.1	2.39
32	Flour, Manitoba (85%)		15.0	Tr.	75.0	2.38
33	Flour, Manitoba (80%)		15.0	Tr.	75.5	2.32
34	Flour, Manitoba (75%)		15.0	Tr.	76.3	2.29
35	Flour, Manitoba (70%)	Milled from a mixed grist consisting of 60 parts Manitoba wheat; 40 parts English wheat from the composite samples shown above	15.0	Tr.	76.9	2.24
36	Flour, mixed grist, brown (90%)		15.0	Tr.	78.2	2.07
37	Flour, mixed grist, white (70%)		15.0	Tr.	74.2	2.03
38	Flour, mixed grist, National		15.0	Tr.	76.0	2.03
39	Flour, mixed grist (85%)		15.0	Tr.	77.6	1.97
40	Flour, mixed grist (80%)	2 packets from different shops 2 samples from different shops 2 samples from different shops 6 samples from different shops (boiled in water)	8.5	Tr.	78.9	1.90
41	Flour, mixed grist, white (70%)		8.0	7.0	76.7	1.83
42	Force .. ..		12.4	11.9	63.3	2.05
43	Grapenuts .. ..		72.2	Tr.	79.2	2.05
44	Macaroni (1936), raw .. ..		12.6	Tr.	25.2	1.87
45	Macaroni (1936), boiled .. ..		12.6	Tr.	77.8	2.06

## Cereals and Cereal Foods—continued

No	Food.	g per 100 g		Calor- ies per 100 g	mg per 100 g										Acid-base balance, cc per 100 g			
		Protein (N x 5.7)	Fat		Na	K	Ca	Mg	Fe	Cu.	P.	S.	Cl					
																$\frac{N}{10}$	$\frac{Acid.}{10}$	$\frac{N-Alkali}{10}$
25	Flour, English (100%)	8.9	2.2	73.4	3.4	361	35.5	106.0	3.05	0.65	340	—	35.5	—	—	—	—	—
26	Flour, English (85%)	8.6	1.5	79.1	2.9	179	24.5	35.0	2.22	0.36	153	—	42.2	—	—	—	—	—
27	Flour, English (80%)	8.2	1.3	80.8	2.1	151	21.5	24.0	1.65	0.27	118	—	44.4	—	—	—	—	—
28	Flour, English (75%)	8.0	1.1	81.5	2.2	118	19.2	16.8	1.35	0.22	93	—	44.9	—	—	—	—	—
29	Flour, English (70%)	7.9	1.0	81.9	2.1	111	18.9	13.9	1.40	0.22	84	—	45.0	—	—	—	—	—
30	Flour, English (Patent)	7.6	0.8	83.2	—	99	15.2	8.7	0.95	0.20	68	—	41.5	—	—	—	—	—
31	Flour, Manitoba (100%)	13.6	2.5	69.1	3.2	312	27.6	141.0	3.81	0.60	350	—	38.5	—	—	—	—	—
32	Flour, Manitoba (85%)	13.6	1.7	74.0	3.3	146	18.5	61.8	2.70	0.34	189	—	44.5	—	—	—	—	—
33	Flour, Manitoba (80%)	13.2	1.4	75.5	2.9	112	15.4	44.6	2.47	0.27	139	—	48.5	—	—	—	—	—
34	Flour, Manitoba (75%)	13.1	1.3	76.3	—	87	13.1	30.4	2.27	0.22	109	—	48.0	—	—	—	—	—
35	Flour, Manitoba (70%)	12.8	1.2	76.9	2.2	71	11.1	21.5	2.23	0.18	97	—	47.8	—	—	—	—	—
36	Flour, Manitoba (Patent)	11.8	0.9	78.2	3.51	71	11.1	21.5	2.08	0.15	82	—	45.0	—	—	—	—	—
37	Flour, mixed grist, brown (90%)	11.6	1.9	74.2	3.43	205	24.0	73.0	2.80	0.44	223	—	41.0	—	—	—	—	—
38	Flour, mixed grist, National Wheatmeal (85%)	11.6	1.6	76.0	3.48	159	20.9	51.1	2.50	0.35	174	—	43.6	—	—	—	—	—
39	Flour, mixed grist (80%)	11.2	1.4	77.6	3.50	127	17.8	38.4	2.15	0.27	132	—	46.9	—	—	—	—	—
40	Flour, mixed grist, white (70%)	10.8	1.1	78.9	3.50	93	15.2	21.7	1.90	0.20	92	—	46.7	—	—	—	—	—
41	Force ..	9.3	1.9	83.7	3.70	405	66.3	148.0	3.98	0.36	339	104.0	(1120)	38	—	—	—	—
42	Grapenuts ..	11.7	3.0	75.2	3.58	423	47.8	153.0	5.64	0.19	333	141.0	(905)	14	—	—	—	—
43	Macaroni (1936), raw ..	10.7	2.0	97.2	3.60	217	26.3	57.3	1.43	0.07	152	95.0	31.4	38	—	—	—	—
44	Macaroni (1936), boiled ..	3.4	0.6	25.2	114	7.9	8.1	17.6	0.45	0.02	47	29.4	9.7	12	—	—	—	—
45	Macaroni (1943), raw ..	11.7	1.3	77.8	3.52	139	20.3	41.7	1.30	0.30	141	—	(153)	—	—	—	—	—

Note.—If flour is fortified with  $\text{CaCO}_3$ , add 63 mg Ca per 100 g flour.

## CHEMICAL COMPOSITION OF FOODS

## Cereals and Cereal Foods—continued

No	Food.	Description and number of samples	g. per 100 g.			
			Water.	Sugar (as invert sugar).	Starch and dextrins (as glucose).	Total nitrogen
46	Oatmeal, raw ..	Coarse, medium and fine. Two samples of each from different shops.	8.9	Tr.	72.8	2.12
47	Oatmeal porridge ..	2½ oz. mixed sample and 2 level teaspoons salt per pint of water	89.1	Tr.	8.2	0.24
48	Post Toasties ..	2 packets from different shops .. ..	8.0	10.2	78.8	1.16
49	Rice, polished, raw ..	3 samples from different shops .. ..	11.7	Tr.	88.8	1.09
50	Rice, polished, boiled ..	5 samples from different shops (boiled in water)	69.9	Tr.	29.6	0.37
51	Rye (100%) ..	Commercial grist of all-English rye.	15.0	Tr.	75.9	1.40
52	Rye (85%) ..		15.0	Tr.	80.2	1.28
53	Rye (75%) ..		15.0	Tr.	82.5	1.17
54	Rye (60%) ..		15.0	Tr.	85.8	0.99
55	Ryvita ..	12 packets from different shops .. ..	5.9	Tr.	86.8	1.19
56	Sago ..	2 samples from different shops .. ..	12.6	Tr.	94.0	0.04
57	Semolina ..	2 samples from different shops (coarse and fine) ..	14.0	Tr.	77.5	1.87
58	Shredded Wheat ..	3 packets from different shops .. ..	8.0	Tr.	79.0	1.69
59	Soya. Full fat flour ..	Mixed sample, supplied by the Cereals Research Station.	7.0	Tr.	13.3	8.45
60	Soya. Low fat flour or grits ..	4 varieties (medium pearl, seed pearl, coarse and flake) ..	7.0	Tr.	17.2	7.94
61	Tapioca ..	12 packets from different shops .. ..	12.2	Tr.	95.0	0.07
62	Vita-Wheat ..	12 packets from different shops .. ..	4.9	Tr.	77.8	1.50

## Cereals and Cereal Foods—continued

No	Food	g per 100 g.		Calor- ies per 100 g	mg per 100 g.										Acid-base balance, c.c. per 100 g	
		Protein (N, 5.7)	Fat		Na	K	Ca	Mg	Fe	Cu	P.	S	Cl	$\frac{N}{10}$	$\frac{N+acid}{10}$	
																Avail- able carbo- hydrate (as saccha- rides)
46	Oatmeal, raw ..	12.1	8.7	72.8	404	33.4	368	55.3	113.0	4.12	0.23	380	155.0	73.0	132	—
47	Oatmeal porridge ..	1.4	0.9	8.2	45	(578)	42	6.3	12.7	0.47	0.03	43	17.7	(890)	15	—
48	Post Toasties ..	6.6	0.6	89.0	367	(810)	120	4.7	16.7	1.67	0.15	54	83.0	(1210)	29	—
49	Rice, polished, raw ..	6.2	1.0	86.8	361	6.3	113	3.7	13.1	0.45	0.06	99	78.5	27.0	76	—
50	Rice, polished, boiled ..	2.1	0.3	29.6	122	2.2	38	1.3	4.4	0.16	0.02	34	26.8	9.2	33	—
51	Rye (100%) ..	8.0	2.0	75.9	335	—	412	31.5	92.0	2.70	—	359	—	—	—	—
52	Rye (85%) ..	7.3	1.6	80.2	347	—	203	26.1	45.0	1.97	—	193	—	—	—	—
53	Rye (75%) ..	6.7	1.3	82.5	350	—	172	19.5	26.0	1.72	—	129	—	—	—	—
54	Rye (60%) ..	5.6	1.0	85.8	354	—	140	15.3	16.0	1.32	—	78	—	—	—	—
55	Ryvita ..	6.8	2.1	86.8	373	(615)	469	40.5	90.7	3.73	0.15	295	87.0	(935)	25	—
56	Sago ..	0.2	0.2	94.0	355	3.4	5	9.8	2.5	1.18	0.03	29	0.5	12.8	13	—
57	Semolina ..	10.7	1.8	77.5	352	11.8	166	18.2	32.0	1.04	0.15	114	91.8	71.0	67	—
58	Shredded Wheat ..	9.7	2.8	79.0	362	16.5	303	34.8	120.0	4.48	0.45	287	86.5	71.0	57	—
59	Soya Full fat flour ..	40.3*	23.5	13.3†	433	—	1660	208.0	235.0	6.93	—	597	—	—	—	—
60	Soya Low fat flour or gnits ..	49.6*	7.2	17.2†	335	—	2025	241.0	286.0	9.14	—	643	—	—	—	—
61	Tapioca ..	0.4	0.1	95.0	359	4.2	20	8.2	2.0	0.32	0.07	30	3.5	13.1	12	—
62	Vita-Wheat ..	8.6	10.3	77.8	423	(605)	430	44.0	118.0	3.40	0.19	372	93.2	(845)	43	—

\* Total N x 6.25 † 75 per cent. total carbohydrate taken to be available.

## CHEMICAL COMPOSITION OF FOODS

## Meat, Poultry and Game

Food.	Method of cooking	Nature of edible (analysed) material.	Edible matter, as eaten, expressed as a percentage of the weight as purchased.	g. per 100 g.		
				Water.	Total nitrogen.	Purine nitrogen.
1 •Bacon, Danish Wilts, tank cured	Raw	Average of 6 medium lean sides 1 bone excluded)	—	48.9	2.23	0.037
2 •Bacon, Danish Wilts, tank cured	Raw.,	if above sides (26.6 per total) (rind and bone	—	51.2	2.35	0.039
3 •Bacon, Danish Wilts, tank cured	Raw	above sides (50.6 per total) (rind and bone	—	40.9	2.07	0.035
4 •Bacon, Danish Wilts., tank cured	Raw.,	if above sides (22.8 per total) (rind and bone	—	55.4	2.45	0.041
5 •Bacon, English Wilts, dry cured	Raw.,	3 sides (rind and bone	—	36.3	2.00	0.034
6 •Bacon, English Midland, dry cured	Raw.,	3 sides (rind and bone	—	25.3	1.67	0.028
7 Bacon, back	Rashers fried	in	48	12.7	4.12	0.069
8 Bacon, collar	Rashers fried	in	50	27.3	4.58	0.080
9 Bacon, gammon	Rashers fried	in	58	24.9	5.28	0.086
10 Bacon, streaky	Rashers fried	in	41	20.0	3.89	0.066
11 Beef, corned	Tinned	All	100	58.5	3.60	0.036
12 Beef, frozen (Argentina, N.Z., Australia, S. Africa)	Raw	All	—	70.3	3.40	0.050
13 Beef, silverside	Boiled	All	74	46.2	4.62	0.055
14 Beef, sirloin	Roast (underdone in centre)	Lean only	44	58.4	4.47	0.060
15 Beef, sirloin	Roast (underdone in centre)	All except bone	60	45.2	3.54	0.046

## Meat, Poultry and Game—continued

No	Food	g per 100 g			mg per 100 g										Acid-base balance, c c per 100 g	
		Protein	Fat	Carbo- hydrate (as glucose)	Calor- ies per 100 g	Na	K	Ca	Mg	Fe	Cm	P	S	Cl	N 10	N Alkali, 10
87	Bacon, raw	14.0	37.4	0.0	405	(1220)	230	13.5	14.5	1.3	0.19	122	162	(1870)	75	
88	Danish Wiltz, average	14.7	31.7	0.0	355	(1350)	265	14.4	15.5	1.1	0.20	138	170	(2070)	107	
89	Danish Wiltz, fore end	13.0	44.6	0.0	468	(1160)	227	13.5	13.8	1.3	0.19	119	150	(1760)	48	
90	Danish Wiltz, middle	15.3	28.2	0.0	325	(1200)	285	12.6	14.8	1.7	0.17	111	178	(1880)	98	
91	Danish Wiltz, gammon	12.5	49.3	0.0	509	(975)	268	13.5	12.3	0.9	0.27	94	145	(1510)	67	
92	English Wiltz	10.4	61.1	0.0	612	(830)	281	7.2	10.4	1.0	0.26	92	121	(1300)	38	
93	English Midland	24.6	53.4	0.0	587	(2790)	517	11.5	25.7	2.8	—	229	298	(4150)	129	
94	Bacon, back, fried	27.4	35.0	0.0	438	(3050)	492	23.2	25.8	3.9	—	236	332	(4790)	226	
95	Bacon, collar, fried	31.3	33.9	0.0	444	(2330)	638	24.9	32.7	2.8	—	303	383	(4210)	408	
96	Bacon, gammon, fried	24.0	46.0	0.0	526	(3090)	462	52.3	25.1	3.2	—	238	299	(4750)	170	
97	Bacon, streaky, fried	22.3	15.0	0.0	231	(1380)	117	12.8	29.0	9.8	—	119	212	(2080)	137	
98	Beef, corned	20.3	7.3	0.0	151	74	280	8.0	25.0	3.7	0.16	200	215	74	137	
99	Beef, frozen raw	28.0	20.0	0.0	301	(1470)	288	23.3	20.0	3.7	—	243	292	(2320)	252	
100	Beef, silverside, boiled	26.8	12.3	0.0	224	70	357	6.5	25.0	5.3	—	284	283	74	235	
101	Beef, sirloin, roast, lean only	21.3	32.1	0.0	385	62	280	5.8	19.9	4.6	—	237	224	64	190	
	Beef, sirloin, roast, lean and fat															

# CHEMICAL COMPOSITION OF FOODS

## Meat, Poultry and Game—continued

No	Food	Method of cooking.	Nature of edible (analysed) material.	Edible matter, as eaten, expressed as a percentage of the weight as purchased	g per 100 g.		
					Water.	Total nitrogen.	Purine nitrogen.
102	.. ak	..	Lean only	..	68.3	3.19	0.058
103	.. ak	..	Lean with some fat	..	58.9	3.42	0.061
104	.. ak	..	All	..	50.5	4.24	0.085
105	.. ak	..	Lean only	..	58.1	5.19	0.061
106	.. side	..	Lean only	..	56.6	5.44	0.072
107	.. side	..	Lean only	..	56.2	4.40	0.073
108	.. side	..	All	..	50.0	3.99	0.066
109	.. alf	..	All	..	80.2	1.96	0.040
110	.. heap	..	All	..	79.7	1.92	0.031
111	.. (weighed with bone)	..	Flesh only	..	61.0	4.37	0.061
112	.. (weighed with bone)	..	Flesh only	..	39.6	2.85	0.040
112a	.. (weighed with bone)	..	Flesh only	..	61.1	4.84	0.072
113	.. 3, beef	..	Flesh only	..	33.0	2.81	0.039
114	.. (weighed with bone)	..	All	..	1.0	Tr.	—
114a	.. (weighed with bone)	..	Flesh only	..	52.0	3.67	0.064
115	.. (weighed with bone)	..	Flesh only	..	28.1	1.93	0.035
115a	.. (weighed with bone)	..	Flesh only	..	46.7	4.69	0.100
116	.. (weighed with bone)	..	Flesh only	..	27.1	2.72	0.058
116a	.. (weighed with bone)	..	Flesh only	..	61.6	5.00	0.098
					40.6	3.30	0.065

## Meat, Poultry and Game—continued

No.	Food	K per 100 g.			Calor-ies per 100 g.	mg. per 100 g.										Acid-base balance, g.c. per 100 g.	
		Protein		Carbo-hydrate (as glucose)		Na	K	Ca	Mg	Fe	Cu	P	S	Cl	N	N	Alkali,
		Fat	Fat	(as glucose)													
102	k. raw ..	19.3	10.5	0.0	177	80	334	5.4	24.5	4.3	—	276	202	70	185		
103	k. fried	20.4	20.4	0.0	273	80	371	5.2	24.8	6.0	—	257	216	90	173		
104	k. grilled	25.2	21.6	0.0	304	67	368	9.2	25.2	5.2	—	303	258	84	232		
105	k. stewed	30.8	8.6	0.0	206	133	153	3.0	21.1	5.1	—	229	328	39	289		
106	side, boiled	33.3	8.2	0.0	213	46	220	3.6	25.9	8.3	—	247	345	49	289		
107	side, roast, lean	26.7	15.0	0.0	249	76	370	6.2	28.1	4.7	0.25	286	279	62	222		
108	side, roast, lean	24.2	23.8	0.0	321	72	337	5.9	25.4	4.4	0.23	264	252	59	204		
109	li, boiled	12.0	5.8	0.0	103	147	270	16.0	13.3	3.0	—	355	132	167	207		
110	rep, boiled	11.7	6.7	0.0	110	170	268	10.8	17.8	2.2	—	339	129	144	177		
111	boiled	26.2	10.3	0.0	203	98	381	10.7	26.4	2.1	—	270	253	83	207		
111a	boiled (weighed with bone)	17.0	6.7	0.0	132	64	248	7.0	17.2	1.4	—	175	190	40	135		
112	roast	29.6	7.3	0.0	189	80	355	14.5	23.0	2.6	—	271	324	100	254		
112a	roast (weighed with bone)	16.0	3.9	0.0	102	43	192	7.8	12.4	1.4	—	148	175	54	137		
113	Dripping, beef	Tr	99.0	0.0	921	5	4	0.8	Tr	0.2	—	13	9	2	11		
114	Duck, roast	22.8	23.6	0.0	313	195	319	19.0	23.9	5.8	—	231	395	158	244		
114a	Duck, roast with bone	12.3	12.8	0.0	169	105	172	10.2	12.9	3.1	—	125	213	85	132		
115	Goose, roast	28.0	22.4	0.0	323	145	406	10.4	30.8	4.6	—	267	319	159	218		
115a	Goose, roast with bone	16.2	13.0	0.0	187	84	236	6.0	17.8	2.7	—	155	185	72	127		
116	Grouse, roast	30.1	5.3	0.0	173	98	466	29.8	40.6	7.6	—	338	340	134	258		
116a	Grouse, roast with bone	20.0	3.5	0.0	114	63	308	19.6	26.8	5.0	—	223	224	89	170		



## Meat, Poultry and Game—continued

No	Food	Method of cooking.	Nature of edible (analysed) material.	Edible matter, as eaten, expressed as a percentage of the weight as purchased.	g. per 100 g.		
					Water.	Total nitrogen.	Purine nitrogen.
117	Guinea-fowl	Roast (with basting)	Flesh only.	41	56.9	5.32	0.142
117a	Guinea-fowl (bone)	Roast (with basting)	Flesh only.	41	30.1	2.83	0.075
118	Ham, York	Raw..	Average of 3 hams (all except bone)	—	31.0	2.40	—
119	Ham	Boiled (purchased cooked and sliced)	Lean only	67	55.8	3.86	0.064
120	Ham	Boiled (purchased cooked and sliced)	As purchased, lean and fat	100	48.6	2.72	0.045
121	Ham or Pork, chopped	Tinned, as purchased	Six varieties	100	53.6	2.43	—
122	Hare	Roast (with basting)	Flesh only	38	59.0	5.18	0.099
122a	Hare (weighed with bone)	Roast (with basting)	Flesh only	38	40.1	3.52	0.067
123	Hare	Stewed	Flesh only	44	60.7	4.78	0.060
123a	Hare (weighed with bone)	Stewed	Flesh only	44	44.3	3.48	0.044
124	Heart, sheep	Roast	Ventracles only	53	57.3	4.18	0.174
125	Kidney, ox	Raw..	All	—	75.5	2.82	0.094
126	Kidney, ox	Stewed	All	54	66.0	4.24	0.147
127	Kidney, sheep	Raw..	Pelvis and capsule removed	—	77.4	2.88	0.103
128	Kidney, sheep	Fried	Pelvis and capsule removed	53	59.3	4.71	0.137
129	Lard	Analysed as purchased	All	100	1.0	Tr.	0.0
130	Liver, mixed sample	Raw..	All	—	73.3	2.73	0.081
131	Liver, calf	Sliced and fried after rolling in flour	All	64	50.8	4.78	0.143
132	Liver, ox	Sliced and fried after rolling in flour	All	67	47.7	4.84	0.143
133	Meat paste	Analysed as purchased	Chicken and ham, 3 varieties; ham and tongue, 2 varieties	100	60.5	3.15	—

## Meat, Poultry and Game—continued

No	Food	g per 100 g			Calor- ies per 100 g	mg per 100 g										Acid-base balance, cc per 100 g	
		Protein	Fat	Carbo- hydrate (as glucose)		Na	K	Ca	Mg	Fe	Cu	P	S	Cl	N To	N To Alkali	
117	Guinea-fowl, roast	32.5	8.2	0.0	210	430	136	19.2	28.7	9.3	—	—	292	363	179	263	
117a	Guinea-fowl, roast (weighed with bone)	17.2	4.3	0.0	112	228	72	10.2	15.2	4.9	—	—	155	192	95	139	
118	Ham, York, raw	15.0	49.0	0.0	517	345	(1120)	14.2	15.6	1.2	—	—	104	174	(1770)	76	
119	Ham, boiled, lean only	23.1	13.4	0.0	219	454	(2100)	17.0	23.5	2.6	—	—	244	280	(3350)	223	
120	Ham, boiled, lean and fat	16.3	39.6	0.0	435	322	(1490)	12.7	17.4	2.5	—	—	192	198	(2350)	162	
121	Ham or pork, chopped.	15.2	29.9	Tr	340	223	(1540)	11.8	16.6	1.5	0.09	—	136	—	(2120)	—	
122	Hare, roast	31.2	7.0	0.0	193	53	403	28.2	30.0	9.8	0.24	0.16	337	347	108	300	
122a	Hare, roast (weighed with bone)	21.3	4.8	0.0	131	274	36	19.2	20.4	6.7	—	—	229	236	74	204	
123	Hare, stewed	29.2	8.0	0.0	194	211	40	20.7	22.2	10.8	—	—	248	320	74	281	
123a	Hare, stewed (weighed with bone)	21.3	5.8	0.0	142	154	29	15.1	16.2	7.9	—	—	181	234	54	205	
124	Heart, sheep, roast	25.0	14.7	0.0	239	370	153	9.5	34.9	8.1	—	—	389	296	125	276	
125	Kidney, ox, raw	17.0	5.3	0.0	119	245	231	14.2	18.3	15.0	—	—	262	161	256	153	
126	Kidney, ox, stewed	25.7	5.8	0.0	159	164	164	20.8	22.4	7.1	—	—	392	242	144	303	
127	Kidney, sheep, raw	16.8	3.1	0.0	98	250	254	13.3	15.8	11.7	0.31	—	254	166	295	157	
128	Kidney, sheep, fried	23.0	9.1	0.0	199	304	261	16.6	26.7	14.5	0.30	—	433	274	288	310	
129	Lard	Tr	99.0	0.0	921	—	—	0.8	1.3	0.1	0.02	—	3	25	4	16	
130	Liver, raw	16.5	8.1	0.0	143	325	86	8.4	20.8	13.9	5.80	—	313	239	100	236	
131	Liver, calf, fried	29.0	14.5	2.4	262	407	122	40.7	8.8	21.7	—	—	576	431	120	495	
132	Liver, ox, fried	29.5	15.9	4.0	284	386	92	8.6	26.5	20.7	—	—	530	410	82	469	
133	Meat paste	19.7	12.7	4.2	215	206	(940)	26.5	21.7	3.7	0.09	—	132	131	(1500)	96	

## CHEMICAL COMPOSITION OF FOODS

## Meat, Poultry and Game—continued

No.	Food	Method of cooking.	Nature of edible (analysed) material.	Edible matter, as eaten, expressed as a percentage of the weight as purchased.	g. per 100 g.		
					Water.	Total nitrogen	Purine nitrogen.
134	Mutton chop	Raw..	Lean only ..	37	67.1	3.18	0.081
134a	Mutton chop (weighed with fat and bone)	Raw ..	Lean only ..	37	24.9	1.18	0.030
135	Mutton chop	Raw..	Lean and fat	77	32.3	2.28	0.049
135a	Mutton chop (weighed with bone)	Raw..	Lean and fat	77	24.8	1.76	0.038
136	Mutton chop	Grilled	Lean only ..	34	53.7	4.38	0.091
136a	Mutton chop (weighed with fat and bone)	Grilled	Lean only ..	34	25.2	2.06	0.029
137	Mutton chop	Grilled	Lean and fat	55	33.6	3.26	0.046
137a	Mutton chop (weighed with bone)	Grilled	Lean and fat	55	25.4	2.46	0.035
138	Mutton chop	Covered with egg and breadcrumbs and fried	Lean only ..	36	44.2	3.82	0.063
138a	Mutton chop (weighed with fat and bone)	Covered with egg and breadcrumbs and fried	Lean only ..	36	16.6	1.43	0.024
139	Mutton chop	Covered with egg and breadcrumbs and fried	Lean and fat	78	20.6	2.54	0.040
139a	Mutton chop (weighed with bone)	Covered with egg and breadcrumbs and fried	Lean and fat	78	16.8	2.07	0.033

## Meat, Poultry and Game—continued

No	Food	K per 100 g				Calor- ies per 100 g	mg. per 100 g.										Acid-base balance, c.c. per 100 g.	
		Protein	Fat	Carbo- hydrate (as glucose)	Na		K	Ca	Mg	Fe	Cu	P	S	Cl	N	N	Acid	Alkali
134	Mutton chop, raw, lean only	18.8	11.8	0.0	187	91	350	12.6	27.2	1.7	0.16	195	208	84	121			
134a	Mutton chop, raw, lean only (weighed with fat and bone)	7.0	4.4	0.0	69	34	130	4.7	10.1	0.6	0.06	72	77	31	45			
135	Mutton chop, raw, lean and fat	13.7	52.5	0.0	544	75	246	12.6	18.7	1.0	0.16	173	149	70	107			
135a	Mutton chop, raw, lean and fat (weighed with bone)	10.6	40.5	0.0	419	58	190	9.7	14.4	0.8	0.12	133	115	54	83			
136	Mutton chop, grilled, lean only	26.5	17.5	0.0	271	127	400	20.9	30.0	2.5	0.18	239	286	110	170			
136a	Mutton chop, grilled, lean only (weighed with fat and bone)	12.4	8.2	0.0	127	60	189	9.8	14.1	1.2	0.09	112	134	51	80			
137	Mutton chop, grilled, lean and fat	19.9	45.0	0.0	500	102	305	17.8	22.8	2.4	0.18	206	213	90	141			
137a	Mutton chop, grilled, lean and fat (weighed with bone)	15.0	34.0	0.0	378	77	230	13.5	17.3	1.8	0.14	156	161	68	107			
138	Mutton chop, fried, lean only	22.8	25.2	5.7	341	116	349	15.4	26.1	3.1	0.13	222	250	134	166			
138a	Mutton chop, fried, lean only (weighed with fat and bone)	8.6	9.4	2.1	127	44	131	5.8	9.8	1.2	0.05	83	94	50	62			
139	Mutton chop, fried, lean and fat	15.4	60.1	2.6	629	85	241	14.0	17.9	2.6	0.12	184	166	92	126			
139a	Mutton chop, fried, lean and fat (weighed with bone)	12.6	49.0	2.1	512	70	196	11.4	14.6	2.1	0.10	150	135	75	103			

## CHEMICAL COMPOSITION OF FOODS

No	Food	Method of cooking.	Nature of edible (analysed) material.	Edible matter, as eaten, expressed as a percentage of the weight of purchased	g per 100 g.		
					Water	Total nitrogen	Purine nitrogen
140	Mutton, leg ..	Boiled ..	All except bone ..	63	45.5	4.29	0.091
141	Mutton, leg ..	Roast ..	All except bone ..	48	52.4	4.15	0.077
142	Mutton, scrag and neck ..	Stewed ..	All except bone ..	46	49.7	3.96	0.056
142a	Mutton, scrag and neck weighed with bone)	Stewed ..	All except bone ..	46	37.3	1.97	0.042
143	Partridge ..	Roast with basting)	Flesh only ..	39	54.5	5.87	0.145
143a	Partridge (weighed with bone)	Roast (with basting)	Flesh only ..	39	32.7	3.52	0.087
144	Pheasant ..	Roast (with basting)	Flesh only ..	45	56.9	5.15	0.095
144a	Pheasant (weighed with bone)	Roast (with basting)	Flesh only ..	45	35.8	3.24	0.060
145	Pigeon ..	Boiled ..	Flesh only ..	36	62.1	3.57	0.083
145a	Pigeon (weighed with bone)	Boiled ..	Flesh only ..	36	27.4	1.57	0.036
146	Pigeon ..	Roast (with basting)	Flesh only ..	28	57.2	4.44	0.096
146a	Pigeon (weighed with bone)	Roast (with basting)	Flesh only ..	28	25.2	1.95	0.043
147	Pork, leg ..	Roast ..	All except bone ..	42	49.7	4.07	0.066
148	Pork, loin ..	Roast ..	Lean only ..	39	54.2	3.92	0.064
149	Pork, loin ..	Roast ..	Lean and fat ..	62	38.6	3.21	0.051
150	Pork, loin ..	Salt smoked (purchased cooked)	Lean only ..	100	54.0	3.90	0.050
151	Pork, loin chops ..	Grilled ..	Lean only ..	31	48.9	4.20	0.068
151a	Pork, loin chops (weighed with bone)	Grilled ..	Lean only ..	31	20.0	1.72	0.028

## Meat, Poultry and Game—continued

No.	Food.	g per 100 g			Calor ies per 100 g	mg per 100 g										Acid-base balance, c.c. per 100 g	
		Protein	Fat	Carbo- hydrate (as glucose)		Na	K	Ca	Mg	Fe	Cu	P.	S	Cl.	Tl	Tl	Alkali
140	boiled	25.8	16.6	0.0	260	64	273	3.6	27.3	5.1	0.24	238	280	67	225		
141	roast	25.0	20.4	0.0	292	71	346	4.3	26.4	4.3	—	242	271	62	199		
142	ig and neck,	24.2	24.4	0.0	326	66	186	50.0	26.6	6.8	—	220	259	84	203		
142a	ig and neck, weighed with	18.2	16.3	0.0	245	50	140	37.5	20.0	5.1	—	165	194	61	152		
143	ast ..	35.2	7.2	0.0	211	100	407	45.8	36.0	7.7	—	313	399	99	279		
143a	ast (weighed)	21.1	4.3	0.0	127	60	244	27.5	21.6	4.6	—	188	239	59	167		
144	ast ..	30.8	9.3	0.0	213	104	411	49.3	35.0	8.4	—	308	306	108	216		
144a	ast (weighed)	19.4	5.9	0.0	134	66	259	31.0	22.1	5.3	—	194	193	68	136		
145	ed ..	21.7	13.9	0.0	218	74	299	17.6	31.2	9.8	—	352	243	75	257		
145a	ed (weighed)	9.6	6.1	0.0	96	33	131	7.8	13.7	4.3	—	155	107	33	113		
146	st ..	26.8	13.2	0.0	233	105	410	16.3	33.8	19.4	—	404	302	99	291		
146a	st (weighed)	11.8	5.8	0.0	102	46	180	7.2	14.9	8.5	—	178	133	44	123		
147	ast	24.6	23.2	0.0	317	66	308	5.2	22.6	1.7	—	363	253	133	286		
148	ast, lean only	23.6	20.1	0.0	284	69	353	7.4	23.6	2.6	0.09	206	243	101	170		
149	ast, lean and	19.5	40.4	0.0	455	60	287	7.5	18.0	2.3	0.09	185	199	77	146		
150	salt, smoked,	23.7	15.7	0.0	243	(1800)	300	27.3	24.1	2.3	—	219	242	(3100)	274		
151	grilled, lean	25.3	23.7	0.0	325	76	347	9.2	20.7	2.9	0.09	211	261	113	187		
151a	grilled, lean (with bone)	10.4	9.7	0.0	133	11	142	3.8	8.5	1.2	0.04	80	107	46	77		

No	Food	Method of cooking	Nature of edible (analysed) material.	Edible matter, as eaten, expressed as a percentage of the weight as purchased.	g. per 100 g		
					Water.	Total nitrogen	Purine nitrogen.
152	Pork, loin chops	Grilled	Lean and fat	60	29.6	3.06	0.049
152a	Pork, loin chops (weighed with bone)	Grilled	Lean and fat	60	24.6	2.54	0.041
153	Rabbit	Stewed	Flesh only	35	63.9	4.37	0.061
153a	Rabbit (weighed with bone)	Stewed	Flesh only	35	32.5	2.23	0.031
154	Sausage, beef	Fried	All	82	49.2	2.20	—
155	Sausage, pork	Raw	All	—	50.7	1.41	—
156	Sausage, pork	Fried	All	88	48.5	1.83	—
157	Sausage (1943)	Raw	All	—	54.0	1.70	—
158	Sausage (1943)	Grilled	7 samples, mixed beef and pork	75	39.2	2.30	—
159	Sausage, black	Analysed as purchased	All except skin	—	55.8	0.85	0.002
160	Sausage, breakfast	Analysed as purchased	All	100	52.2	1.40	—
161	Suet	Analysed as purchased	All except skin	100	Tr.	0.16	—
162	Sweetbread	Stewed	All	59	65.6	3.70	0.428
163	Tongue, ox	Pickled in NaCl and sugar and boiled	Muscular portion only, fat at base of tongue and skin discarded	38	48.6	3.12	0.048
164	Tongue, sheep's	Stewed	All	33	56.9	2.91	0.052
165	Tripe, dressed	Stewed (treated with lime before purchase)	All	54	77.6	3.00	0.022
166	Turkey	Roast (with basting)	Flesh only	46	59.0	5.07	0.079
166a	Turkey (weighed with bone)	Roast (with basting)	Flesh only	46	35.4	3.04	0.049
167	Veal, fillet	Raw	All	—	74.9	3.37	0.080
168	Veal, frozen (Uruguay and N.Z.)	Raw	All	—	75.2	3.19	0.050
169	Veal cutlet	Covered with egg and breadcrumbs and fried	All	74	54.6	5.02	0.106
170	Veal, fillet	Roast	All	75	55.1	5.06	0.089
171	Venison, haunch	Roast	Flesh only	58	56.8	5.60	0.097

## Meat, Poultry and Game—continued

No	Food	g per 100 g			Calor- ies per 100 g	mg per 100 g										Acid-base balance, c.c. per 100 g.		
		Protein	Fat	Carbo- hydrate (as glucose)		Na	K	Ca	Mg	Fe	Cu	P.	S.	Cl.	N	Acid 10	N 10	Alkali.
152	Pork chops, grilled, lean and fat	18.6	10.3	0.0	544	59	258	8.3	14.9	2.4	0.09	178	190	72	142			
152a	Pork chops, grilled, lean and fat (weighed with bone)	15.4	41.9	0.0	451	49	214	6.9	12.4	2.0	0.07	148	158	60	119			
153	Rabbit, stewed ..	26.6	7.7	0.0	180	32	210	11.3	21.6	1.9	0.20	199	245	43	201			
153a	Rabbit, stewed (weighed with bone)	13.6	3.9	0.0	92	16	107	5.8	11.0	1.0	0.10	102	125	22	102			
154	Sausage, beef, fried	13.8	18.4	15.7	287	(1130)	255	21.2	16.6	4.1	0.17	168	163	(1770)	129			
155	Sausage, pork, raw	8.8	28.8	9.8	341	(770)	158	15.1	11.5	2.5	0.12	108	73	(1070)	25			
156	Sausage, pork, fried	11.5	24.8	12.7	326	(999)	205	19.7	14.9	3.3	0.15	141	95	(1390)	88			
157	Sausage (1943), raw	10.6	16.1	14.3	247	(720)	257	(62)	44.0	2.4	0.30	194	—	(975)	—			
158	Sausage (1943), grilled ..	14.4	20.0	19.4	318	(980)	348	(84)	60.0	3.2	0.40	263	—	(1320)	—			
159	Sausage, black ..	5.3	22.5	14.7	285	(900)	130	31.2	15.0	19.5	0.26	27	173	(1320)	44			
160	Sausage, breakfast ..	8.7	20.4	16.8	288	(880)	170	21.9	16.4	1.9	0.08	86	79	(1300)	20			
161	Suet ..	0.9	99.0	0.0	924	21	13	6.0	1.1	0.4	0.04	7	20	18	6			
162	Sweetbreads, stewed	22.7	9.1	0.0	178	69	231	14.3	15.4	1.6	—	596	185	74	117			
163	Tongue, ox, pickled	19.1	23.9	2.3	309	(1870)	152	30.9	16.2	3.0	—	229	200	(3000)	236			
164	Tongue, sheep's, stewed	18.0	24.0	0.0	297	79	109	11.1	13.2	3.4	—	196	187	80	187			
165	Tripe, stewed ..	18.0	3.0	0.0	102	72	9	(127)	7.9	1.6	—	132	145	30	81			
166	Turkey, roast ..	30.2	7.7	0.0	196	130	367	38.3	28.2	3.8	—	320	234	123	195			
166a	Turkey, roast (weighed with bone)	11.1	4.6	0.0	118	78	220	23.0	16.9	2.3	—	192	140	74	117			
167	Veal, fillet, raw ..	20.1	2.7	0.0	108	107	357	7.6	25.0	2.3	—	258	220	68	161			
168	Veal, frozen, raw ..	18.7	3.6	0.0	110	95	370	10.2	25.0	1.8	0.15	200	208	98	124			
169	Veal cutlet, fried ..	30.4	8.1	4.4	216	106	422	10.0	32.7	2.6	—	283	329	115	235			
170	Veal, fillet, roast ..	30.5	11.5	0.0	232	97	427	14.3	27.6	2.5	—	355	330	113	235			
171	Venison, roast ..	11.5	6.4	0.0	197	86	364	29.0	33.4	7.8	—	296	321	89	238			



## CHEMICAL COMPOSITION OF FOODS

## Fish

No	Food	Nature of raw material	Method of cooking	Nature of edible (analysed) material	Edible matter, as eaten, expressed as a percentage of the weight as purchased.	g. per 100 g.		
						Water.	Total nitrogen	Purine nitrogen.
172	Bass..	Whole fish, excluding guts	Steamed	Flesh and skin	47	73.3	3.26	0.073
172a	Bass (weighed with bones)	Whole fish, excluding guts	Steamed	Flesh and skin	47	38.9	1.73	0.039
173	Bloaters	Body of fish without heads, roes or guts	Grilled	Flesh only	65	55.6	3.76	0.133
173a	Bloaters (weighed with bones and skin)	Body of fish without heads, roes or guts	Grilled	Flesh only	65	41.1	2.78	0.098
174	Bream, Red	Whole fish, excluding guts	Steamed	Flesh and skin	47	73.5	3.39	0.069
174a	Bream, Red (weighed with bones)	Whole fish, excluding guts	Steamed	Flesh and skin	47	38.2	1.76	0.034
175	Bream, Sea	Whole fish, excluding guts	Steamed	Flesh and skin	59	76.5	3.07	0.072
175a	Bream, Sea (weighed with bones)	Whole fish, excluding guts	Steamed	Flesh and skin	53	49.7	2.00	0.047
176	Brill	Pieces from tail end	Steamed	Flesh only	63	74.2	3.39	0.061
176a	Brill (weighed with bones and skin)	Pieces from tail end	Steamed	Flesh only	63	50.5	2.30	0.042
177	Catfish	Middle cuts, skinned	Steamed	All except bones	64	73.6	3.43	0.060
177a	Catfish (weighed with bones)	Middle cuts, skinned	Steamed	All except bones	64	62.5	2.92	0.051
178	Catfish	Middle cuts, skinned	Covered with batter and crumbs and fried	All except bones	90	61.9	3.17	0.065
178a	Catfish (weighed with bones)	Middle cuts, skinned	Covered with batter and crumbs and fried	All except bones	90	58.0	2.98	0.061

## Fish—continued

No	Food	g per 100 g			Calor-ies per 100 g	mg per 100 g										Acid-base balance, c.c. per 100 g	
		Protein	Fat	Carbo-hydrate (as glucose)		Na	K	Ca	Mg	Fe	Cu	P	S	Cl	$\frac{N}{10}$	$\frac{N}{10}$ Acid.	$\frac{N}{10}$ Alkali.
172	Bass, steamed	19.5	5.1	0.0	127	75	328	46.9	26.9	0.7	—	230	233	95	150		
172a	Bass, steamed (weighed with bones)	10.4	2.7	0.0	67	40	173	24.9	14.2	0.4	—	117	124	45	79		
173	Bloaters, grilled..	22.6	17.4	0.0	255	(703)	446	123.0	44.7	3.2	—	355	308	(1130)	741		
173a	Bloaters, grilled (weighed with bones and skin)	16.7	12.9	0.0	189	(520)	330	91.0	33.1	1.6	—	263	228	(838)	550		
174	Bream, Red, steamed	19.7	4.0	0.0	118	119	345	27.9	29.9	0.4	—	213	242	138	148		
174a	Bream, Red, steamed (weighed with bones)	10.2	2.1	0.0	61	62	479	14.5	15.6	0.2	—	111	126	72	77		
175	Bream, Sea, steamed	17.8	3.0	0.0	101	113	291	35.0	26.7	0.6	—	238	219	122	164		
175a	Bream, Sea, steamed (weighed with bones)	11.6	2.0	0.0	66	73	182	22.7	17.4	0.4	—	155	142	79	106		
176	Brill, steamed	20.4	3.4	0.0	115	94	264	15.3	31.0	0.7	0.13	230	214	125	175		
176a	Brill, steamed (weighed with bones and skin)	13.9	2.3	0.0	78	64	180	10.4	21.1	0.5	0.09	157	146	85	119		
177	Catfish, steamed	20.4	3.7	0.0	118	108	317	13.9	26.6	0.6	—	212	215	108	145		
177a	Catfish, steamed (weighed with bones)	17.4	3.2	0.0	100	92	269	11.8	22.6	0.5	—	180	183	92	123		
178	Catfish, fried	18.8	10.5	6.5	200	120	323	19.1	25.7	2.3	—	228	199	150	148		
178a	Catfish, fried (weighed with bones)	17.7	9.9	6.1	188	113	304	18.0	24.2	2.2	—	215	187	141	139		

## Fish—continued

## CHEMICAL COMPOSITION OF FOODS

No	Food.	Nature of raw material	Method of cooking.	Nature of edible (analysed) material	Edible matter, as eaten, expressed as a percentage of the weight as purchased	g per 100 g		
						Water	Total nitrogen.	Purine nitrogen.
179	Cockles	Purchased cooked without shells	..	All ..	100	78.9	1.80	0.051
180	Cod (weighed with bones and skin)	Middle cuts	Steamed	Flesh only ..	66	79.2	2.98	0.082
180a	Cod ..	Middle cuts	Steamed	Flesh only ..	66	64.1	2.42	0.050
181	Cod (weighed with bones)	Steaks	Covered with batter and crumbed and fried	All except bones ..	114	69.4	3.44	0.063
181a	Cod (weighed with bones) ..	Steaks	Covered with batter and crumbed and fried	All except bones ..	114	63.1	3.13	0.057
182	Cod	Steaks	Grilled with added butter	Flesh only ..	54	64.6	4.56	0.082
182a	Cod (weighed with bones and skin)	Steaks	Grilled with added butter	Flesh only ..	54	54.9	3.87	0.070
183	Cod roe	Steaks	Grilled with added butter	Flesh only ..	93	62.0	3.35	0.112
184	Cod roe	Steaks	Parboiled, sliced and fried in crumbs	All ..	98	71.1	3.85	0.130
185	Cod roe	Steaks	Baked in vinegar	All ..	60	73.3	3.77	0.063
185a	Congee (weighed with bones and skin)	Steaks from behind head	Steamed	Flesh only ..	60	55.0	2.83	0.047
186	Congee	Steaks from behind head	Steamed	Flesh only ..	91	52.7	3.10	0.070
186a	Congee (weighed with bones)	Steaks from behind head	Covered with batter and crumbed and fried	All except bones ..	91	46.3	2.73	0.062

## Fish - continued

No	Food	g per 100 g			Calor- ies per 100 g	mg per 100 g										Acid-base balance, c.c. per 100 g.	
		Protein	Fat	Carbo- hydrate (as glucose)		Na	K	Ca	Mg	Fe	Cu	P	S	Cl	N 10	Acid. 10	Alkali. 10
179	Cockles	11.0	0.3	Tr	48	(3520)	43	127.0	51.0	26.0	—	204	322	(3220)	156		
180	Cod, steamed	18.0	0.9	0.0	82	100	360	14.6	20.6	0.5	0.10	242	212	120	162		
180a	Cod, with bones and skin	14.6	0.7	0.0	66	HI	292	11.8	16.7	0.4	0.08	196	172	97	131		
181	Cod, fried	20.7	4.7	2.9	140	161	342	49.6	26.8	1.0	0.10	261	243	145	156		
181a	Cod, fried (weighed with bones)	18.8	4.3	2.6	127	146	311	45.2	24.4	0.9	0.09	238	221	132	142		
182	Cod, grilled	27.0	5.3	0.0	160	110	407	31.0	36.0	1.0	—	274	323	130	218		
182a	Cod, grilled (weighed with bones and skin)	22.9	4.5	0.0	136	94	346	26.4	30.6	0.9	—	233	274	111	185		
183	Cod roe, fried	20.6	11.9	3.0	206	127	258	16.8	10.5	1.6	—	504	338	188	388		
184	Cod roe, baked in vinegar	24.0	3.2	0.0	128	73	132	13.0	8.0	2.3	—	402	272	173	400		
185	Conger steamed	22.8	1.8	0.0	110	99	347	29.8	28.4	0.5	—	220	269	82	163		
185a	Conger, steamed (weighed with bones and skin)	17.1	1.4	0.0	83	74	260	22.4	21.3	0.4	—	165	202	62	122		
186	Conger, fried	18.7	20.0	6.5	287	108	353	24.2	29.4	1.0	—	247	222	156	168		
186a	Conger, fried (weighed with bones)	16.4	17.6	5.7	252	95	310	21.3	25.8	0.9	—	217	195	137	148		

## Fish—continued

## CHEMICAL COMPOSITION OF FOODS

No	Food	Nature of raw material	Method of cooking	Nature of edible (analysed) material	Edible matter, as eaten, expressed as a percentage of the weight as purchased	g. per 100 g		
						Water	Total nitrogen	Purine nitrogen
187	Crab (weighed with shell)	..	Boiled in fresh water	Flesh only ..	16	72.5	3.21	0.061
187a	Crab	..	Boiled in fresh water	Flesh only ..	16	14.5	0.64	0.012
188	Dabs	Whole fish, excluding guts	Covered with batter and crumbs and fried	All except bones ..	91	19.9	3.19	0.065
188a	Dabs (weighed with bones)	Whole fish, excluding guts	Covered with batter and crumbs and fried	All except bones ..	91	15.9	2.55	0.052
189	Dogfish	Tail ends, skinned	Covered with batter and crumbs and fried	All except bones ..	90	44.4	3.66	0.050
189a	Dogfish (weighed with bone)	Tail ends, skinned	Covered with batter and crumbs and fried	All except bones ..	90	40.3	3.33	0.045
190	Eels, eelers	Whole fish	Raw..	All ..	100	81.8	2.02	—
191	Eels, silver	Live eels	Raw..	Flesh only ..	66	57.1	2.31	—
191a	Eels, silver (weighed with bones and skin)	Live eels	Raw..	Flesh only ..	66	37.8	1.52	—
192	Eels, silver	Live eels	Raw..	Flesh only ..	50	49.2	2.84	—
193	Eels, yellow	Live eels	Stewed in half their weight of water	Flesh only ..	67	71.3	2.66	—
193a	Eels, yellow (weighed with bones and skin)	Live eels	Raw..	Flesh only ..	67	47.8	1.78	—
194	Fillet, smoked	Fillet as purchased	Raw..	Flesh only ..	67	75.2	3.25	0.048
195	Fish paste	Analysed as purchased	Steamed	All ..	100	64.5	2.38	—
				Salmon and shrimp, 3 varieties; salmon and anchovy, 2 varieties; bloater, 3 varieties				

## Fish—continued

No.	Food	R per 100 g			Calor- ies per 100 g	mg. per 100 g										Acid-base balance, cc per 100 g.	
		Protein	Fat	Carbo- hydrate (as glucose)		Na	K	Ca	Mg	Fe	Cu	P	S.	Cl	$\frac{N}{10}$ Acid	$\frac{N}{10}$ Alkali	
187	Crab, boiled	19.2	5.2	0.0	127	366	271	29.4	47.9	1.3	—	350	465	570	395		
187a	Crab, boiled (weighed with shell)	3.8	1.0	0.0	25	73	54	5.9	9.6	0.3	—	70	93	114	79		
188	Dabs, fried	19.2	14.3	9.8	249	127	284	130.0	29.1	1.0	0.07	250	259	245	175		
188a	Dabs, fried (weighed with bones)	15.4	11.4	7.8	169	102	227	104.0	23.3	0.8	0.06	200	207	196	140		
189	Dogfish, fried	17.9	25.2	6.0	330	163	245	12.5	20.0	1.3	—	269	210	203	205		
189a	Dogfish, fried (weighed with bone)	16.3	22.9	5.5	300	148	223	11.4	18.2	1.2	—	244	191	184	186		
190	Eels, evers, raw	12.6	2.2	0.0	72	67	230	515.0	31.0	4.0	Tr	440	141	55	16		
191	Eels, silver, raw	14.4	27.8	0.0	318	77	215	12.6	14.3	0.8	0.03	192	162	69	138		
191a	Eels, silver, raw (weighed with bones and skin)	9.5	18.4	0.0	211	51	142	8.3	9.4	0.5	0.02	127	107	46	91		
192	Eels, silver, stewed	17.7	32.4	0.0	374	73	200	14.4	14.8	1.0	—	200	199	64	168		
193	Eels, yellow, raw	16.6	11.3	0.0	173	89	267	18.5	19.0	0.7	0.05	223	187	57	145		
193a	Eels, yellow, raw (weighed with bones and skin)	11.1	7.4	0.0	115	60	179	12.4	12.7	0.5	0.03	150	125	38	96		
194	Fillet, smoked, steamed	19.4	0.9	0.0	88	(1080)	268	19.6	43.9	1.0	—	222	248	(1550)	149		
194a	Fish paste	14.9	9.5	6.5	174	(1480)	307	146.0	30.1	6.0	0.08	210	185	(2380)	103		

## CHEMICAL COMPOSITION OF FOODS

## Fish—continued

No	Food	Nature of raw material	Method of cooking	Nature of edible (analysed) material	Edible matter, as eaten, expressed as a percentage of the weight of the weight as purchased.	g per 100 g		
						Water.	Total nitrogen.	Purine nitrogen.
196	Flounder ..	Body of fish without head or guts	Steamed ..	Flesh only ..	45	76.6	3.24	0.086
196a	Flounder (weighed with bones and skin)	Body of fish without head or guts	Steamed ..	Flesh only ..	45	42.8	1.81	0.048
197	Flounder ..	Body of fish without head or guts	Covered with batter and crumbs and fried	Flesh and skin ..	74	61.3	2.84	0.061
197a	Flounder (weighed with bones)	Body of fish without head or guts	Covered with batter and crumbs and fried	Flesh and skin ..	74	42.4	1.96	0.042
198	Gurnet, grey ..	Body of fish without head or guts	Steamed ..	Flesh only ..	61	72.0	3.46	0.085
198a	Gurnet, grey (weighed with bones and skin)	Body of fish without head or guts	Steamed ..	Flesh only ..	61	58.2	2.80	0.069
199	Gurnet, red ..	Body of fish without head or guts	Steamed ..	Flesh only ..	57	71.6	3.54	0.079
199a	Gurnet, red (weighed with bones and skin)	Body of fish without head or guts	Steamed ..	Flesh only ..	57	50.9	2.51	0.056
200	Haddock, fresh ..	Fillets ..	Raw..	Flesh only ..	—	81.3	2.68	0.067
201	Haddock, fresh ..	Middle cut ..	Steamed ..	Flesh only ..	59	75.1	3.65	0.072
201a	Haddock, fresh (weighed with bones and skin)	Middle cut ..	Steamed ..	Flesh only ..	59	57.1	2.77	0.055
202	Haddock, fresh ..	Body of fish without head or guts	Covered with batter and crumbs and fried	All except bones ..	115	65.1	3.42	0.083
202a	Haddock, fresh (weighed with bones)	Body of fish without head or guts	Covered with batter and crumbs and fried	All except bones ..	115	60.0	3.15	0.076

## Fish—continued

No	Food	g per 100 g.			Calor- ies per 100 g			mg. per 100 g.										Acid-base balance, c.c. per 100 g.	
		Protein	Fat	Carbo- hydrate (as glucose)	Calor- ies per 100 g	Na	K	Ca	Mg	Fe	Cu	P	S	Cl	N		N	Acid.	N
															10	10	10	10	10
196	Flounder, steamed	19.4	1.7	0.0	95	115	318	55.1	25.0	1.3	—	296	231	148	197				
196a	Flounder, steamed (weighed with bones and skin)	10.9	1.0	0.0	53	64	178	30.9	14.0	0.7	—	166	129	83	110				
197	Flounder, fried	17.0	12.9	6.5	214	130	282	74.5	22.6	1.1	—	218	203	200	139				
197a	Flounder, fried (weighed with bones)	11.7	8.9	4.5	147	90	194	51.3	15.6	0.8	—	150	140	138	96				
198	Gurnet, grey, steamed	21.0	5.2	0.0	134	117	305	13.1	23.9	0.8	—	196	247	117	153				
198a	Gurnet, grey, steamed (weighed with bones and skin)	17.0	4.2	0.0	108	95	247	10.6	19.4	0.6	—	158	200	111	128				
199	Gurnet, red, steamed	21.3	4.7	0.0	131	186	350	30.9	30.9	0.7	—	241	253	141	146				
199a	Gurnet, red, steamed (weighed with bones and skin)	15.1	3.3	0.0	93	132	248	14.8	21.9	0.5	—	171	180	100	104				
200	Haddock, filets, raw	15.9	0.6	0.0	71	125	302	31.7	22.5	1.0	—	216	223	156	156				
201	Haddock, fresh, steamed	22.0	0.8	0.0	97	121	323	54.6	27.8	0.7	0.13	234	304	78	177				
201a	Haddock, fresh, steamed (weighed with bones and skin)	16.7	0.6	0.0	74	92	245	41.4	21.2	0.5	0.10	178	231	59	134				
202	Haddock, fresh, fried	20.4	8.3	3.6	175	177	348	114.0	30.6	1.2	—	247	285	181	140				
202a	Haddock, fresh, fried (weighed with bones)	18.8	7.6	3.3	161	163	320	105.0	28.2	1.1	—	227	262	166	129				



# CHEMICAL COMPOSITION OF FOODS

## Fish—continued

No	Food	Nature of raw material		Method of cooking	Nature of edible (analysed) material	Edible matter, as eaten, expressed as a percentage of the weight as purchased	g. per 100 g.		
							Water.	Total nitrogen	Purine nitrogen.
203	Haddock, smoked	As purchased	..	Steamed	Flesh only ..	55	71.6	3.73	0.065
203a	Haddock, smoked with bones and skin	As purchased	..	Steamed	Flesh only ..	55	46.5	2.42	0.042
204	Hake (weighed with bones and skin)	Middle cut ..	..	Steamed	Flesh only ..	63	76.1	3.11	0.061
204a	Hake (weighed with bones and skin)	Middle cut ..	..	Steamed	Flesh only ..	63	61.0	2.49	0.049
205	Hake	Steaks	..	Steamed	Flesh only ..	106	62.0	3.18	0.052
205a	Hake (weighed with bones)	Steaks	..	Covered with batter and crumbs and fried	All except bones ..	106	58.3	2.99	0.049
206	Halibut (weighed with bones and skin)	Middle cut ..	..	Covered with batter and crumbs and fried	All except bones ..	66	70.9	3.80	0.068
206a	Halibut (weighed with bones and skin)	Middle cut ..	..	Covered with batter and crumbs and fried	Flesh only ..	66	53.8	2.88	0.052
207	Herring	Fillets	..	Steamed	Flesh only ..	77	63.5	2.70	0.119
207a	Herring (weighed with bones)	Body of fish without head or guts	..	Steamed	Flesh only ..	77	58.7	3.69	0.172
208	Herring	Body of fish without head or guts	..	Steamed	All except bones ..	77	51.6	3.24	0.151
208a	Herring (weighed with bones)	Body of fish without head or guts	..	Raw.. with oatmeal and fried	Flesh, skin and roes	77	67.5	2.89	0.160
209	Herring	Body of fish without head or guts	..	Covered with oatmeal and fried	Flesh, skin and roes	78	62.0	2.65	0.147
209a	Herring (weighed with bones)	Body of fish without head or guts	..	Baked in vinegar	Flesh, skin and roes	78	52.3	3.85	0.484
210	Herring roe (soft)	Whole roes	..	Baked in vinegar	All ..	80			

## Fish—continued

No	Food	g per 100 g		Calor- ies per 100 g	mg per 100 g											Acid-base balance, c.c. per 100 g	
		Protein	Carbo- hydrate (as glucose)		Na	K	Ca	Mg	Fe	Cu	P	S	Cl	$\frac{N}{10}$ Acid	$\frac{N}{10}$ Alkali		
203	Haddock, smoked, steamed	22.3	0.9	0.0	100	(1220)	293	57.5	25.4	1.0	—	248	253	(1900)	197		
203a	Haddock, smoked, steamed (weighed with bones and skin)	14.5	0.6	0.0	65	(793)	190	37.4	16.5	0.7	—	162	164	(1230)	128		
204	Hake, steamed	18.5	3.3	0.0	107	118	310	15.9	26.7	0.6	0.12	218	193	95	127		
204a	Hake, steamed (weighed with bones and skin)	14.8	2.6	0.0	86	95	248	12.7	21.4	0.5	0.10	175	154	76	102		
205	Hake, fried	19.3	11.4	5.3	205	153	297	25.8	29.0	0.9	0.17	259	197	134	148		
205a	Hake, fried (weighed with bones)	18.2	10.7	5.0	193	144	279	24.3	27.3	0.8	0.16	244	185	126	139		
206	Halibut, steamed	22.7	4.0	0.0	130	111	340	13.0	23.2	0.6	0.07	255	255	80	186		
206a	Halibut, steamed (weighed with bones and skin)	17.3	3.0	0.0	99	84	258	9.9	17.6	0.5	0.05	194	194	61	141		
207	Herring, raw	16.7	18.1	0.0	273	130	317	101.0	31.7	1.5	—	272	191	122	115		
208	Herring, fried	21.8	15.1	1.5	235	101	415	38.6	34.7	1.9	—	339	281	125	219		
208a	Herring, fried (weighed with bones)	19.2	13.3	1.3	208	88	365	31.0	30.5	1.7	—	298	230	110	193		
209	Herring, baked in vinegar	16.9	12.9	0.0	189	62	233	58.2	21.8	1.6	—	328	205	119	238		
209a	Herring, baked in vinegar (weighed with bones)	15.5	11.8	0.0	174	57	214	53.5	20.1	1.5	—	300	183	109	219		
210	Herring roe, fried	23.4	15.8	4.7	260	87	239	15.7	8.1	1.5	—	915	242	123	652		

## CHEMICAL COMPOSITION OF FOODS

## Fish—continued

No	Food	Nature of raw material	Method of cooking.	Nature of edible (analysed) material	Edible matter, as eaten, expressed as a percentage of the weight as purchased	g per 100 g		
						Water	Total nitrogen	Purine nitrogen.
211	John Dory .. ..	Whole fish without head, guts or fins	Steamed .. ..	Flesh only .. ..	50	76.7	3.28	0.057
211a	John Dory (weighed with bones and skin)	Whole fish without head, guts or fins	Steamed .. ..	Flesh only .. ..	50	47.5	2.04	0.035
212	Kippers .. ..	As purchased .. ..	Baked .. ..	Flesh only .. ..	45	58.7	4.08	0.091
212a	Kippers (weighed with bones and skin)	As purchased .. ..	Baked .. ..	Flesh only .. ..	45	31.6	2.20	0.049
213	Lemon sole .. ..	Whole fish without head, guts or fins	Steamed .. ..	Flesh only .. ..	62	77.2	3.29	0.054
213a	Lemon sole (weighed with bones and skin)	Whole fish without head, guts or fins	Steamed .. ..	Flesh only .. ..	62	54.9	2.34	0.038
214	Lemon sole .. ..	Whole fish without head, guts or fins	Covered with batter and crumbs and fried	All except bones ..	91	60.4	2.57	0.044
214a	Lemon sole (weighed with bones)	Whole fish without head, guts or fins	Covered with batter and crumbs and fried	All except bones ..	91	47.7	2.03	0.035
215	Ling .. ..	Sections from body	Steamed .. ..	Flesh only .. ..	60	74.6	3.73	0.060
215a	Ling (weighed with bones and skin)	Sections from body	Steamed .. ..	Flesh only .. ..	60	55.9	2.79	0.045
216	Ling .. ..	Steaks .. ..	Covered with batter and crumbs and fried	All except bones ..	100	62.1	2.85	0.056
216a	Ling (weighed with bones)	Steaks .. ..	Covered with batter and crumbs and fried	All except bones ..	100	55.2	2.54	0.050

## Fish—continued

No.	Food	g per 100 g			Calor- ies per 100 g	mg per 100 g										Acid-base balance, cc per 100 g	
		Protein	Fat	Carbo- hydrate (as glucose)		Na	K	Ca	Mg	Fe	Cu	P.	S.	Cl.	$\frac{N}{10}$ Acid	$\frac{N}{10}$ Alkali	
211	John Dory, steamed	19.9	1.4	0.0	95	139	287	23.0	29.0	0.6	—	251	234	143	179		
211a	John Dory, steamed (weighed with bones and skin)	12.3	0.9	0.0	59	86	178	14.3	18.0	0.4	—	156	145	89	111		
212	Kippers, baked	23.2	11.4	0.0	201	(990)	520	64.8	47.5	1.4	—	426	280	(1520)	245		
212a	Kippers, baked (weighed with bones and skin)	12.5	6.2	0.0	108	(535)	281	35.0	25.7	0.8	—	230	151	(824)	132		
213	Lemon sole, steamed	19.9	0.9	0.0	100	115	279	20.6	20.0	0.6	0.12	247	241	117	194		
213a	Lemon sole, steamed (weighed with bones and skin)	14.1	0.6	0.0	64	100	198	14.6	14.2	0.4	0.09	175	171	83	138		
214	Lemon sole, fried	15.4	13.0	9.3	219	136	250	95.0	22.3	1.1	0.16	241	189	124	119		
214a	Lemon sole, fried (weighed with bones)	12.2	10.3	7.4	173	108	198	75.0	15.8	0.9	0.13	190	149	98	84		
215	Lang, steamed	22.4	0.8	0.0	99	120	370	17.6	36.9	0.5	—	221	266	99	149		
215a	Lang, steamed (weighed with bones and skin)	16.8	0.6	0.0	74	90	278	13.2	27.7	0.4	—	166	199	74	112		
216	Lang, fried	16.8	12.4	6.3	208	145	312	39.8	32.0	0.8	—	228	203	157	128		
216a	Lang, fried (weighed with bones)	15.0	11.0	5.6	185	129	278	35.4	28.5	0.7	—	203	181	140	114		

## CHEMICAL COMPOSITION OF FOODS

## Fish—continued

No.	Food	Nature of raw material	Method of cooking	Nature of edible (analysed) material	Edible matter, as given, expressed as percentage of the weight as purchased	g. per 100 g		
						Water	Total nitrogen	Purine nitrogen
211	John Dory . . . .	Whole fish without head, guts or fins	Steamed . . . .	Flesh only . . . .	50	78.7	3.28	0.057
211a	John Dory (weighed with bones and skin)	Whole fish without head, guts or fins	Steamed . . . .	Flesh only . . . .	50	47.5	2.04	0.035
212	Kippers . . . .	As purchased . . . .	Baked . . . .	Flesh only . . . .	45	58.7	4.08	0.091
212a	Kippers (weighed with bones and skin)	As purchased . . . .	Baked . . . .	Flesh only . . . .	45	31.6	2.20	0.049
213	Lemon sole . . . .	Whole fish without head, guts or fins	Steamed . . . .	Flesh only . . . .	62	77.2	3.29	0.054
213a	Lemon sole (weighed with bones and skin)	Whole fish without head, guts or fins	Steamed . . . .	Flesh only . . . .	62	54.9	2.34	0.038
214	Lemon sole . . . .	Whole fish without head, guts or fins	Covered with batter and crumbs and fried	All except bones . .	91	60.4	2.57	0.044
214a	Lemon sole (weighed with bones)	Whole fish without head, guts or fins	Covered with batter and crumbs and fried	All except bones . .	91	47.7	2.03	0.035
215	Ling . . . .	Sections from body	Steamed . . . .	Flesh only . . . .	60	74.6	3.73	0.060
215a	Ling (weighed with bones and skin)	Sections from body	Steamed . . . .	Flesh only . . . .	60	55.9	2.79	0.045
216	Ling . . . .	Steaks . . . .	Covered with batter and crumbs and fried	All except bones . .	100	62.1	2.85	0.056
216a	Ling (weighed with bones)	Steaks . . . .	Covered with batter and crumbs and fried	All except bones . .	100	55.2	2.54	0.050

## Fish—continued

No	Food	g. per 100 g.			mg. per 100 g.										Acid-base balance, c.c. per 100 g.	
		Protein	Fat	Carbo- hydrate (as glucose)	Calor- ies per 100 g.	Na	K	Ca	Mg	Fe	Cu	P.	S.	Cl.	$\frac{N}{10}$ Acid	$\frac{N}{10}$ Alkali.
211	John Dory, steamed	19.9	1.4	0.0	95	139	287	23.0	29.0	0.6	—	251	234	143	179	
211a	John Dory, steamed (weighed with bones and skin)	12.3	0.9	0.0	59	86	178	14.3	18.0	0.4	—	156	145	89	111	
212	Kippers, baked	23.2	11.4	0.0	201	(990)	520	64.8	47.5	1.4	—	426	280	(1520)	245	
212a	Kippers, baked (weighed with bones and skin)	12.5	6.2	0.0	108	(535)	281	35.0	25.7	0.8	—	230	151	(824)	132	
213	Lemon sole, steamed	19.9	0.9	0.0	90	115	279	20.6	20.0	0.6	0.12	247	241	117	194	
213a	Lemon sole, steamed (weighed with bones and skin)	14.1	0.6	0.0	64	82	198	14.6	14.2	0.4	0.09	175	171	83	138	
214	Lemon sole, fried	15.4	13.0	9.3	219	136	250	95.0	22.3	1.1	0.16	241	189	124	119	
214a	Lemon sole, fried (weighed with bones)	12.2	10.3	7.4	173	108	198	75.0	15.8	0.9	0.13	190	149	98	84	
215	Ling, steamed	22.4	0.8	0.0	99	120	370	17.6	36.9	0.5	—	221	266	99	149	
215a	Ling, steamed (weighed with bones and skin)	16.8	0.6	0.0	74	90	278	13.2	27.7	0.4	—	166	199	74	112	
216	Ling, fried	16.8	12.4	6.3	208	145	312	39.8	32.0	0.8	—	228	203	157	128	
216a	Ling, fried (weighed with bones)	15.0	11.0	5.6	185	129	278	35.4	28.5	0.7	—	203	181	140	114	

## CHEMICAL COMPOSITION OF FOODS

## Fish—continued

No	Food	Nature of raw material	Method of cooking	Nature of edible (analysed) material.	Edible matter, as eaten, expressed as a percentage of the weight as purchased	g per 100 g.		
						Water	Total nitrogen	Purine nitrogen
211	John Dory ..	Whole fish without head, guts or fins	Steamed	Flesh only	50	76.7	3.38	0.057
211a	John Dory (weighed with bones and skin)	Whole fish without head, guts or fins	Steamed	Flesh only ..	50	47.5	2.04	0.035
212	Kippers ..	As purchased	Baked	Flesh only ..	45	58.7	4.08	0.091
212a	Kippers (weighed with bones and skin)	As purchased	Baked	Flesh only ..	45	31.6	2.20	0.049
213	Lemon sole ..	Whole fish without head, guts or fins	Steamed	Flesh only ..	62	77.2	3.29	0.054
213a	Lemon sole (weighed with bones and skin)	Whole fish without head, guts or fins	Steamed	Flesh only ..	62	54.9	2.34	0.038
214	Lemon sole ..	Whole fish without head, guts or fins	Covered with batter and crumbs and fried	All except bones ..	91	60.4	2.57	0.044
214a	Lemon sole (weighed with bones)	Whole fish without head, guts or fins	Covered with batter and crumbs and fried	All except bones ..	91	47.7	1.03	0.035
215	Ling ..	Sections from body	Steamed	Flesh only ..	60	74.6	3.73	0.060
215a	Ling (weighed with bones and skin)	Sections from body	Steamed	Flesh only ..	60	55.9	2.79	0.045
216	Ling ..	Steaks	Covered with batter and crumbs and fried	All except bones ..	100	62.1	2.85	0.056
216a	Ling (weighed with bones)	Steaks	Covered with batter and crumbs and fried	All except bones ..	100	55.2	2.54	0.050

## Fish—continued

No	Food	g. per 100 g.			mg. per 100 g.										Acid-base balance, cc per 100 g.	
		Protein	Fat	Carbo- hydrate (as glucose)	Color- less per 100 g.	Na	K	Ca	Mg	Fe	Cu	P.	S.	Cl	$\frac{N}{10}$ Acid	$\frac{N}{10}$ Alkali
211	John Dory, steamed	19.9	1.4	0.0	95	139	287	23.0	29.0	0.6	—	251	234	143	179	
211a	John Dory, steamed (weighed with bones and skin)	12.3	0.9	0.0	59	178	178	14.3	19.0	0.4	—	156	145	89	111	
212	Kippers, baked	23.2	11.4	0.0	201	(990)	520	64.8	47.5	1.4	—	426	280	(1520)	245	
212a	Kippers, baked (weighed with bones and skin)	12.5	6.2	0.0	108	(535)	281	35.0	25.7	0.8	—	230	151	(824)	132	
213	Lemon sole, steamed	19.9	0.9	0.0	III	115	279	20.6	20.0	0.6	0.12	247	241	117	194	
213a	Lemon sole, steamed (weighed with bones and skin)	14.1	0.6	0.0	64	82	198	14.6	14.2	0.4	0.09	175	171	83	138	
214	Lemon sole, fried	15.4	13.0	9.3	219	136	250	95.0	22.3	1.1	0.16	241	189	124	119	
214a	Lemon sole, fried (weighed with bones)	12.2	10.3	7.4	173	108	198	75.0	15.8	0.9	0.13	190	149	98	84	
215	Lang, steamed	22.4	0.8	0.0	99	120	370	17.6	36.9	0.5	—	221	266	99	149	
215a	Lang, steamed (weighed with bones and skin)	16.8	0.6	0.0	74	90	278	13.2	27.7	0.4	—	166	199	74	112	
216	Lang, fried	16.8	12.4	6.3	208	145	312	39.8	32.0	0.8	—	228	203	157	128	
216a	Lang, fried (weighed with bones)	15.0	11.0	5.6	185	129	278	35.4	28.5	0.7	—	203	181	140	114	



## CHEMICAL COMPOSITION OF FOODS

## Fish—continued

	Food	Nature of raw material	Method of cooking	Nature of edible (analysed) material	Edible matter, as eaten, expressed as a percentage of the weight as purchased	g. per 100 g.		
						Water.	Total nitrogen.	Purine nitrogen.
1a	Lobster	.. ..	Boiled in fresh water	Flesh only ..	29	72.4	3.54	0.073
1a	Lobster (weighed with shell)	.. ..	Boiled in fresh water	Flesh only ..	29	26.1	1.27	0.028
1a	Mackerel	.. ..	Fried	Flesh only ..	61	65.6	3.44	0.100
1a	Mackerel (weighed with bones and skin)	.. ..	Fried	Flesh only ..	61	47.8	2.51	0.073
1b	Megrim	.. ..	Raw..	All except bones ..	—	80.0	2.85	0.046
1b	Megrim	.. ..	Steamed	Flesh only ..	54	75.9	3.45	0.057
1b	Megrim (weighed with bones and skin)	.. ..	Steamed	Flesh only ..	54	50.8	2.32	0.038
1c	Megrim	.. ..	Covered with batter and crumbs and fried	All except bones ..	92	57.0	3.29	0.065
1c	Megrim (weighed with bones)	.. ..	Covered with batter and crumbs and fried	All except bones ..	92	48.5	2.80	0.055
2	Monkfish	.. ..	Steamed	All except bones ..	53	75.4	3.58	0.053
2a	Monkfish (weighed with bones)	.. ..	Steamed	All except bones ..	53	61.1	2.90	0.013
3	Monkfish	.. ..	Covered with batter and crumbs and fried	All except bones ..	78	66.3	2.88	0.066

## Fish—continued

No	Food	F. per 100 g			Calor- ies per 100 g	mg per 100 g										Acid-base balance, c c per 100 g.	
		Protein	Fat	Carbo- hydrate (as glucose)		Na	K	Ca	Mg	Fe	Cu.	P	S	Cl	$\frac{N}{10}$ Acid.	$\frac{N}{10}$ Alkali.	
217	Lobster, boiled ..	21.2	3.4	0.0	119	325	258	61.9	34.3	0.8	—	283	514	525	384		
217a	.. .. . led (weighed ..)	7.6	1.2	0.0	43	117	93	22.2	12.3	0.3	—	102	185	189	138		
218	.. .. . ed ..	20.0	11.3	0.0	187	153	418	28.4	34.8	1.2	0.20	280	210	114	127		
218a	.. .. . ed (weighed .. s and skin)	14.6	8.3	0.0	136	112	305	20.7	25.4	0.9	0.15	204	153	83	93		
219	.. .. . s and skin)	17.1	1.0	0.0	79	121	269	61.8	29.4	1.2	—	187	204	122	105		
220	.. .. . med ..	20.7	1.3	0.0	97	98	214	76.0	27.7	0.9	—	218	246	119	171		
220a	.. .. . med (weighed .. s and skin)	13.9	0.9	0.0	65	64	144	50.9	18.6	0.6	—	146	165	160	115		
221	.. .. . ed ..	19.5	11.6	9.5	224	177	251	62.8	31.0	0.6	—	219	235	183	141		
221a	.. .. . ed (weighed .. s)	16.6	9.9	8.1	190	150	214	53.4	26.4	0.5	—	186	200	156	120		
222	.. .. . eamed ..	21.8	0.9	0.0	98	135	356	10.4	29.6	0.5	—	215	256	136	157		
222a	.. .. . , steamed ..	17.7	0.7	0.0	79	109	288	8.4	24.0	0.4	—	174	207	110	127		
223	.. .. . ed (weighed .. with bones)	17.0	8.2	6.1	169	164	400	11.3	31.7	1.2	—	206	206	197	111		
223a	.. .. . ed (weighed .. s)	14.6	7.1	5.3	145	141	344	9.7	27.2	1.0	—	177	177	169	96		

## CHEMICAL COMPOSITION OF FOODS

## Fish—continued

No	Food	Nature of raw material	Method of cooking	Nature of edible (analysed) material	Edible matter, as eaten, expressed as a percentage of the weight as purchased	g. per 100 g.		
						Water	Total nitrogen	Purine nitrogen
224	Mullet, grey	Whole fish without guts	Steamed	Flesh only	55	72.7	3.52	0.073
224a	Mullet, grey (weighed with bones and skin)	Whole fish without guts	Steamed	Flesh only	55	46.5	2.25	0.047
225	Mullet, red	Whole fish without guts	Steamed	Flesh and skin	53	71.6	3.62	0.081
225a	Mullet, red (weighed with bones)	Whole fish without guts	Steamed	Flesh and skin	53	47.3	2.38	0.054
226	Mussels	Alive in shells	Raw	Flesh only	32	84.1	1.93	0.199
227	Mussels (weighed with shells)	Alive in shells	Boiled in fresh water	Flesh only	20	79.0	2.75	0.154
227a	Mussels (weighed with shell)	Alive in shells	Boiled in fresh water	Flesh only	20	23.7	0.83	0.046
228	Oysters (weighed with shell)	Alive in shells	Raw	Flesh only	12	85.7	1.72	0.044
228a	Oysters (weighed with shell)	Tinned, with added water and salt	Raw	Flesh only	12	10.3	0.21	0.005
229	Pilchards	Tinned, with added water and salt	Raw	Fish, except backbone	79	65.5	3.50	—
230	Pilchards	Fillets	Raw	Everything in tin except backbone	97	64.0	3.02	—
231	Plaice	Body of fish without head, fins or guts	Steamed	Flesh only	49	80.8	2.59	0.065
232	Plaice	Body of fish without head, fins or guts	Steamed	All except bones	49	78.0	3.02	0.053
232a	Plaice (weighed with bones and skin)	Body of fish without head, fins or guts	Covered with batter and crumbs and fried	Flesh only	49	42.1	1.63	0.029
233	Plaice	Body of fish without head, fins or guts	Covered with batter and crumbs and fried	All except bones	61	58.5	3.02	0.047
233a	Plaice	Body of fish without head, fins or guts	Covered with batter and crumbs and fried	All except bones	61	35.6	1.84	0.029
233b	Plaice	Body of fish without head, fins or guts	Covered with batter and crumbs and fried	All except bones	68	20.7	3.33	0.071
233c	Plaice	Body of fish without head, fins or guts	Covered with batter and crumbs and fried	All except bones	68	17.8	2.86	0.081

## Fish—continued

No.	Food	g per 100 g			Calor- ies per 100 g	mg per 100 g.										Acid-base balance, c.c. per 100 g.	
		Protein	Fat	Carbo- hydrate (as glucose)		Na	K	Ca	Mg	Fe	Cu	P.	S	Cl.	$\frac{N}{10}$ Acid.	$\frac{N}{10}$ Alkali	
224	Mullet, grey, steamed ..	21.6	4.0	0.0	126	94	275	14.2	30.0	2.0	—	256	252	77	201		
224a	Mullet, grey, steamed (weighed with bones and skin)	13.8	2.6	0.0	81	60	176	9.1	19.2	1.3	—	164	161	49	128		
225	Mullet, red, steamed ..	21.4	4.3	0.0	128	118	364	29.2	32.8	0.9	—	282	258	101	185		
225a	Mullet, red, steamed (weighed with bones)	14.1	2.8	0.0	85	78	240	19.3	21.7	0.6	—	186	171	67	122		
226	Mussels, raw ..	11.7	1.9	Tr	66	289	315	88.0	22.7	5.8	—	236	367	463	244		
227	Mussels, boiled ..	16.8	2.0	Tr	87	210	92	197.0	25.0	13.5	—	331	348	315	287		
227a	Mussels, boiled (weighed with shells)	5.0	0.6	Tr	26	63	28	59.0	7.5	4.1	—	99	104	95	86		
228	Oysters, raw ..	10.2	0.9	Tr	50	505	258	186.0	41.8	6.0	—	267	249	815	144		
228a	Oysters, raw (weighed with shells)	1.2	0.1	Tr	6	61	31	22.3	5.0	0.7	—	32	30	98	17		
229	Pilchards, tinned (fish only)	21.9	10.8	0.0	191	(595)	305	231.0	41.6	3.1	0.21	296	245	(905)	124		
230	Pilchards, tinned (whole contents of tin)	18.9	15.4	0.0	221	(573)	290	190.0	38.0	2.6	0.19	269	212	(866)	99		
231	Plaice, raw ..	15.3	1.8	0.0	79	96	353	16.6	22.0	0.8	—	218	214	83	140		
232	Plaice, steamed ..	18.1	1.9	0.0	92	120	278	37.7	23.9	0.6	—	246	249	112	184		
232a	Plaice, steamed (weighed with bones and skin)	9.8	1.0	0.0	50	65	150	20.4	12.9	0.3	—	133	134	61	99		
233	Plaice, fried ..	18.0	14.4	7.0	234	124	219	44.9	24.4	0.8	0.15	251	249	174	214		
233a	Plaice, fried (weighed with bones)	11.0	8.8	4.3	142	76	134	27.4	14.9	0.5	0.09	153	152	106	131		
234	Pollack, steamed ..	19.5	0.8	0.0	87	95	438	12.8	32.7	0.5	—	202	238	114	124		
234a	Pollack, steamed (weighed with bones and skin)	16.8	0.7	0.0	75	82	376	11.0	28.1	0.4	—	174	205	98	107		

## Fish—continued

No	Food	Nature of raw material	Method of cooking.	Nature of edible (analysed) material.	Edible matter, as eaten, expressed as a percentage of the weight as purchased	g per 100 g.		
						Water	Total nitrogen.	Purine nitrogen.
235	Pollack	Steaks	Covered with batter and crumbs and fried	All except bones	100	67.5	3.77	0.075
235a	Pollack (weighed with bones)	Steaks	Covered with batter and crumbs and fried	All except bones	100	62.0	2.55	0.069
236	Pollack	Whole fish without guts	Steamed	Flesh only	59	77.1	3.09	0.082
236a	Pollack (weighed with bones and skin)	Whole fish without guts	Steamed	Flesh only	59	47.0	1.88	0.050
237	Pollack	Whole fish without guts	Covered with oatmeal and fried	Flesh and skin	65	64.3	3.19	0.096
237a	Pollack (weighed with bones)	Whole fish without guts	Covered with oatmeal and fried	Flesh and skin	65	48.4	2.29	0.069
238	Prawns	Purchased cooked	..	Flesh only	38	70.0	3.62	0.070
238a	Prawns (weighed with shells)	Purchased cooked	..	Flesh only	38	26.6	1.38	0.027
239	Sardines	Pieces from tail end	Steamed	Flesh only	65	74.8	3.73	0.078
239a	Sardines (weighed with bones and skin)	Pieces from tail end	Steamed	Flesh only	65	63.5	3.17	0.066
240	Salmon, fresh	Shoulder cut	Steamed	Flesh only	73	65.4	3.21	0.078
240a	Salmon, fresh (weighed with bones and skin)	Shoulder cut	Steamed	Flesh only	73	53.0	2.60	0.063
241	Salmon	..	..	..	98	69.9	3.43	0.101
242	Sardines	Tinned, as purchased	..	All except backbone and oil	100	50.7	3.49	0.234
243	Scallops	Fish only. No shells	Steamed	All	56	73.1	3.71	0.117

## Fish—continued

No	Food	g per 100 g		Calor- ies per 100 g	mg per 100 g										Acid-base balance, c.c. per 100 g	
		Protein	Fat		Carbo- hydrate (as glucose)	Na	K	Ca	Mg	Fe	Cu	P	S	Cl	N 10	N 10, Alkali
235	Pollack, fried	16.5	6.9	6.6	157	333	128.0	45.4	2.8	—	241	198	275	89		
235a	Pollack, fried (weighed with bones)	15.2	6.4	6.1	145	306	118.0	41.7	2.6	—	222	182	253	91		
236	Pollan, steamed	18.1	2.1	0.0	95	373	82.0	23.0	0.9	—	287	220	71	157		
236a	Pollan, steamed (weighed with bones and skin)	11.0	1.3	0.0	58	227	50.0	14.0	0.5	—	175	134	43	96		
237	Pollan, fried	18.7	12.2	1.7	196	390	200.0	25.9	1.2	—	367	228	64	148		
237a	Pollan, fried (weighed with bones)	13.5	8.8	1.2	142	281	144.0	18.6	0.9	—	264	164	46	108		
238	Prawns (weighed with shells)	21.2	1.8	0.0	104	260	145.0	42.0	1.1	—	349	366	(2550)	307		
238a	Prawns (weighed with shells)	8.1	0.7	0.0	40	99	55.0	16.0	0.4	—	132	139	(970)	117		
239	Saithe, steamed	22.6	0.6	0.0	91	348	18.6	30.8	0.6	—	250	268	83	184		
239a	Saithe, steamed (weighed with bones and skin)	19.2	0.5	0.0	83	296	15.8	26.2	0.5	—	213	226	71	156		
240	Salmon, fresh, steamed	19.1	13.0	0.0	199	333	28.9	28.7	0.8	—	302	190	64	162		
240a	Salmon, fresh, steamed (weighed with bones and skin)	15.5	10.5	0.0	161	269	23.4	23.2	0.6	—	245	154	52	131		
241	Salmon, tinned	19.7	6.0	0.0	137	320	66.4	29.8	1.3	0.03	285	235	(865)	201		
242	Sardines, tinned	20.4	22.6	0.0	294	433	409.0	41.3	4.0	0.04	683	283	(1200)	265		
243	Scallops, steamed	22.4	1.4	Tr	105	476	115.0	38.3	3.0	—	338	570	410	362		

## Fish—continued

No	Food	Nature of raw material	Method of cooking	Nature of edible (analysed) material	Edible matter, as eaten, expressed as a percentage of the weight as purchased	g. per 100 g.		
						Water.	Total nitrogen.	Purine nitrogen.
244	Shrimps	Purchased cooked	..	Flesh only	33	62.5	3.80	0.072
244a	Shrimps (weighed with shells)	Purchased cooked	..	Flesh only	33	20.6	1.26	0.024
245	Skate	"Wings" skinned	Covered with batter and crumbs and fried	All except bones	95	55.4	3.09	0.041
245a	Skate (weighed with bones)	"Wings" skinned	Covered with batter and crumbs and fried	All except bones	95	46.0	2.56	0.034
246	Smelts	Whole fish without guts	Rolled in flour and fried	All except heads	48	34.3	4.29	0.168
246a	Smelts (weighed with heads)	Whole fish without guts	Rolled in flour and fried	All except heads	48	29.2	3.64	0.143
247	Sole	Body of fish without head or guts	Steamed	Flesh only	57	78.9	2.94	0.053
247a	Sole (weighed with bones and skin)	Body of fish without head or guts	Steamed	Flesh only	57	47.3	1.76	0.032
248	Sole	Body of fish without head or guts	Covered with batter and crumbs and fried	All except bones	110	53.8	3.32	0.052
248a	Sole (weighed with bones)	Body of fish without head or guts	Covered with batter and crumbs and fried	All except bones	110	47.3	2.92	0.046
249	Sprats, fresh	Whole fish	Fried in deep fat	All except heads	59	33.7	3.98	0.125
249a	Sprats, fresh (weighed with heads)	Whole fish	Fried in deep fat	All except heads	59	29.6	3.50	0.110
250	Sprats, smoked	Whole fish	Grilled	Flesh and skin	89	45.8	4.18	0.250
250a	Sprats, smoked (weighed with heads)	Whole fish	Grilled	Flesh and skin	89	40.7	3.72	0.223

## Fish—continued

No.	Food	g per 100 g			Calor- ies per 100 g	mg per 100 g.										Acid-base balance, c c per 100 g.	
		Protein	Fat	Carbo- hydrate (as glucose)		Na	K	Ca	Mg	Fe	Cu	P	S	Cl	N 10 <sup>-1</sup> cid.	N 10 <sup>-1</sup> alkal.	
244	Shrimps ..	22.3	2.4	0.0	114	(3840)	404	320	0	105	0	1.8	0.80	270	340	(5850)	16
244a	Shrimps (weighed with shells)	7.4	0.8	0.0	38	(1260)	133	105	5	34	6	0.6	0.26	89	112	(1930)	5
245	Skate, fried	15.0	16.4	7.5	242	182	236	19.4	23	2	1.2	1.2	—	238	213	266	193
245a	Skate, fried (weighed with bones)	12.4	13.6	6.2	201	151	196	16.1	19	2	1.0	1.0	—	198	177	221	160
246	Smelts, fried	25.0	30.8	5.0	408	148	517	686	0	58	8	3.3	—	535	302	138	39
246a	Smelts, fried (weighed with heads)	21.3	26.2	4.3	346	126	438	582	0	50	0	2.8	—	455	257	118	11
247	Sole, steamed	17.6	1.3	0.0	84	110	240	113	0	28	2	0.7	—	270	235	132	169
247a	Sole, steamed (weighed with bones and skin)	10.6	0.8	0.0	50	68	144	68	0	16	9	0.4	—	162	141	79	102
248	Sole, fried	20.1	18.4	5.4	274	192	236	131	3	27	9	1.4	—	260	265	193	155
248a	Sole, fried (weighed with bones)	17.7	16.2	4.8	241	169	208	115	5	24	5	1.2	—	228	233	170	136
249	Sprats, fresh, fried	22.3	37.9	0.0	444	132	409	707	0	45	8	4.5	—	635	284	182	85
249a	Sprats, fresh, fried (weighed with heads)	19.6	33.4	0.0	390	116	360	620	0	40	3	4.0	—	559	250	160	75
250	Sprats, smoked, grilled	25.1	23.2	0.0	319	(845)	483	436	0	40	0	5.7	—	565	275	(1330)	169
250a	Sprats, smoked, grilled (weighed with heads)	22.3	20.6	0.0	284	(751)	430	388	0	35	6	5.1	—	502	245	(1180)	150



# CHEMICAL COMPOSITION OF FOODS

## Fish—continued

No	Food	Nature of raw material	Method of cooking	Nature of edible (analysed) material	Edible matter, as eaten, expressed as a percentage of the weight as purchased	g. per 100 g.		
						Water	Total nitrogen	Purine nitrogen
251	Stockfish (dried salt cod)	As purchased	Soaked in water 24 hours, then boiled	Flesh only	99	64.9	5.20	0.113
251a	Stockfish (weighed with bones and skin)	As purchased	Soaked in water 24 hours, then boiled	Flesh only	99	53.8	4.32	0.094
252	Sturgeon (weighed with bones)	Sections from middle of fish, skinned	Steamed	All except bone	43	67.5	4.07	0.050
252a	Sturgeon (weighed with bones)	Sections from middle of fish, skinned	Steamed	All except bone	43	45.8	2.77	0.034
253	Torsk (weighed with bones and skin)	Middle cut	Steamed	Flesh only	48	74.3	3.75	0.065
253a	Torsk (weighed with bones and skin)	Middle cut	Steamed	Flesh only	48	43.9	2.21	0.038
254	Torsk (weighed with bones and skin)	Sections from middle of fish	Steamed	Flesh only	70	65.8	3.27	0.064
254a	Torsk (weighed with bones and skin)	Sections from middle of fish	Covered with batter and crumbs and fried	Flesh only	70	40.6	2.32	0.045
255	Trout (weighed with bones and skin)	Slices from middle of fish	Covered with batter and crumbs and fried	Flesh only	54	70.6	3.76	0.092
255a	Trout (weighed with bones and skin)	Slices from middle of fish	Covered with batter and crumbs and fried	Flesh only	54	46.5	2.48	0.081
256	Trout (weighed with bones and skin)	Whole fish, without guts	Steamed	Flesh only	68	70.9	3.62	0.095
256a	Trout (weighed with bones and skin)	Whole fish, without guts	Steamed	Flesh only	68	55.9	2.86	0.075
257	Trout (weighed with bones and skin)	Middle cut	Steamed	Flesh only	56	75.6	3.48	0.064
257a	Trout (weighed with bones and skin)	Middle cut	Steamed	Flesh only	56	49.8	2.30	0.042
258	Whelks (weighed with shells)	Sections from middle of fish	Steamed	Flesh only	56	77.5	2.96	0.065
258a	Whelks (weighed with shells)	Sections from middle of fish	Steamed	Flesh only	56	11.6	0.44	0.010
259	Turbot (weighed with bones and skin)	Purchased cooked	Steamed	All except shells	15	15	11.6	0.44
259a	Turbot (weighed with bones and skin)	Purchased cooked	Steamed	All except shells	15	15	11.6	0.44

## Fish—continued

No	Food	g per 100 g		Calories per 100 g	mg per 100 g										Acid-base balance, cc per 100 g	
		Protein	Fat	Carbo-hydrate (as glucose)	Na	K	Ca	Mg	Fe	Cu	P	S	Cl	N	10	N
															10	10
251	Stockfish, boiled with bones and skin	32.0	0.9	0.0	(396)	31	22.4	35.0	1.8	—	163	372	(670)	307		
251a	Stockfish, boiled with bones and skin	26.6	0.8	0.0	(329)	26	18.6	29.0	1.5	—	135	309	(556)	255		
252	Sturgeon, steamed	24.7	5.7	0.0	108	235	15.2	18.5	2.0	—	263	291	138	261		
252a	Sturgeon, steamed (weighed with bones)	16.8	3.9	0.0	74	160	10.4	12.6	1.4	—	179	198	94	178		
253	Torsk, steamed	22.4	0.7	0.0	74	396	27.0	26.4	1.0	—	283	278	101	218		
253a	Torsk, steamed (weighed with bones and skin)	13.2	0.4	0.0	44	228	15.9	15.6	0.6	—	167	164	60	129		
254	Torsk, fried	19.3	4.3	7.8	91	372	64.8	24.9	0.6	—	298	234	133	193		
254a	Torsk, fried (weighed with bones and skin)	13.7	3.1	5.5	66	264	45.9	17.7	0.4	—	212	166	109	137		
255	Trout, steamed	22.3	4.5	0.0	88	374	35.8	30.9	1.0	—	270	218	70	152		
255a	Trout, steamed (weighed with bones and skin)	14.7	3.0	0.0	58	246	23.6	20.4	0.7	—	178	144	46	100		
256	Trout, Sea, steamed	21.1	4.8	0.0	207	314	12.4	30.1	1.0	—	290	259	261	221		
256a	Trout, Sea, steamed (weighed with bones and skin)	16.6	3.8	0.0	163	248	9.8	23.8	0.8	—	229	204	206	174		
257	Turbot, steamed	20.7	1.6	0.0	90	255	13.5	23.9	0.5	—	188	247	142	184		
257a	Turbot, steamed (weighed with bones and skin)	13.6	1.1	0.0	59	168	8.9	15.8	0.3	—	124	163	94	121		
258	Whelks	17.8	1.9	Tr.	(265)	316	54.0	160.0	6.2	—	227	448	(585)	235		
258a	Whelks (weighed with shells)	2.7	0.3	Tr.	(40)	47	8.1	24.0	0.9	—	34	67	(88)	35		

## CHEMICAL COMPOSITION OF FOODS

## Fish—continued

No.	Food.	Nature of raw material.	Method of cooking.	Nature of edible (analysed) material.	Edible matter, as eaten, expressed as a percentage of the weight as purchased	g. per 100 g.	
						Water	Total nitrogen. Purine nitrogen.
259	Whitebait . . .	Whole fish . . .	Rolls in flour and fried	All . . .	77	23.5	3.12 0.335
260	Whiting . . .	Body of fish without head or guts	Steamed . . .	Flesh only . . .	57	78.9	3.35 0.090
260a	Whiting (weighed with bones and skin)	Body of fish without head or guts	Steamed . . .	Flesh only . . .	57	52.2	2.28 0.061
261	Whiting . . .	Body of fish without head or guts	Covered with batter and crumbs and fried	All except bones . .	102	63.0	2.80 0.094
261a	Whiting (weighed with bones)	Body of fish without head or guts	Covered with batter and crumbs and fried	All except bones . .	102	56.8	2.61 0.085
262	Winkles, edible portion . .	Purchased cooked . .	Probably boiled in salt water	All except shells . .	19	79.1	2.43 0.068
262a	Winkles (weighed with shells)	Purchased cooked . .	Probably boiled in salt water	All except shells . .	19	15.1	0.47 0.013
263	Winkles . . .	In shells as purchased	Boiled in fresh water	All except shells . .	15	78.8	2.90 0.070
263a	Winkles (weighed with shells)	In shells as purchased	Boiled in fresh water	All except shells . .	15	11.5	0.44 0.011
264	Witch . . .	Body of fish without head, fins or guts	Steamed . . .	Flesh only . . .	48	77.7	3.18 0.053
264a	Witch (weighed with bones and skin)	Body of fish without head, fins or guts	Steamed . . .	Flesh only . . .	48	46.5	1.91 0.032
265	Witch . . .	Body of fish without head, fins or guts	Covered with batter and crumbs and fried	All except bones . .	113	58.1	2.96 0.055
265a	Witch (weighed with bones)	Body of fish without head, fins or guts	Covered with batter and crumbs and fried	All except bones . .	113	48.9	2.49 0.046

## Fish—continued

No.	Food	g per 100 g			Calor- ies per 100 g	mg per 100 g								Acid-base balance, cc per 100 g.		
		Protein	Fat	Carbo- hydrate (as glucose)		Na	K	Ca	Mg	Fe	Cu	P.	S	Cl	$\frac{N}{10}$ Acid.	$\frac{N}{10}$ Alkali.
259	Whitebait, fried	18.3	47.5	5.3	537	225	112	859.0	50.3	5.1	—	856	269	325	214	
260	Whiting, steamed	19.9	0.9	0.0	90	127	299	42.0	28.3	1.0	—	189	307	93	164	
260a	Whiting, steamed (weighed with bones and skin)	13.5	0.6	0.0	61	100	203	28.6	19.2	0.7	—	128	208	63	112	
261	Whiting, fried	17.3	10.3	7.0	193	199	317	47.7	32.5	0.7	—	258	267	194	169	
261a	Whiting, fried (weighed with bones and skin)	15.6	9.3	6.3	174	179	285	42.9	29.3	0.6	—	233	240	175	152	
262	Winkles, boiled in salt water	15.2	1.4	Tr	75	(1140)	154	136.0	358.0	15.0	—	219	377	(1800)		20
262a	Winkles, boiled in salt water (weighed with shells)	2.9	0.3	Tr	14	(218)	29	25.8	68.0	2.9	—	42	72	(342)		4
263	Winkles, boiled in fresh water	17.6	2.6	Tr	96	266	211	165.0	414.0	17.1	—	277	446	500	1	
263a	Winkles, boiled in fresh water (weighed with shells)	2.6	0.4	Tr	14	40	32	24.8	62.0	2.6	—	42	67	75	<1	
264	Witch, steamed	19.0	1.1	0.0	88	136	304	30.1	24.1	0.9	—	233	252	123	170	
264a	Witch, steamed (weighed with bones and skin)	11.4	0.7	0.0	53	82	162	18.1	14.4	0.5	—	140	151	74	102	
265	Witch, fried	17.6	14.1	7.9	233	176	300	52.2	24.4	0.8	—	187	235	187	121	
265a	Witch, fried (weighed with bones and skin)	14.8	11.8	6.6	196	148	252	43.8	20.5	0.7	—	157	197	157	102	

## CHEMICAL COMPOSITION OF FOODS

## Fruit

No	Food.	Description.	Nature of edible (analysed) material	Edible matter, as eaten, expressed as a percentage of the weight as purchased.	g per 100 g				Total nitrogen.
					Water	Unavail- able carbo- hydrate	Sugar (as mono- saccha- rides).	Starch (as glucose).	
266	Apples, Empire eating	Raw	Flesh only, no skin or core	75	84.1	1.7	12.2	Tr.	0.04
266a	Apples, Empire eating (weighed with skin and core)	Raw	Flesh only, no skin or core	75	63.1	1.3	9.2	Tr.	0.03
267	Apples, English eating	Raw..	Flesh only, no skin or core	79	84.5	2.2	11.4	0.3	0.04
267a	Apples, English eating (weighed with skin and core)	Raw	Flesh only, no skin or core	79	66.8	1.7	9.0	0.2	0.03
268	Apples, English cooking	Raw	Flesh only, no skin or core	81	85.6	2.4	9.2	0.4	0.05
269	Apples, English cooking	Baked without sugar	Flesh only, no skin (cored before cooking)	70	85.0	2.5	9.6	0.4	0.05
269a	Apples, English cooking	Baked without sugar	Flesh only, no skin (cored before cooking)	70	68.0	2.0	7.7	0.3	0.04
270	Apples, English cooking	Stewed without sugar	Flesh and juice (peeled and cored before cooking)	177	93.4	1.1	4.2	0.2	0.02
271	Apricots, fresh	Raw	Flesh and skin, no stones ..	92	86.6	2.1	6.7	0.0	0.09
271a	Apricots, fresh (weighed with stones)	Raw..	Flesh and skin, no stones ..	92	79.6	1.9	6.2	0.0	0.08
272	Apricots, dried	Raw..	All ..	100	14.7	24.0	43.4	0.0	0.76
273	Apricots, dried	Stewed without sugar	Fruit and juice ..	241	64.6	10.0	18.0	0.0	0.32
274	Apricots	Tinned in syrup	Fruit and syrups purchased	100	79.8	1.3	15.7	0.0	0.08
275	Avocado pears	Raw..	Flesh only, no skin or stone	62	81.3	2.0	2.5	0.0	0.17
276	Bananas	Raw..	Flesh only, no skin	59	70.7	3.4	16.2	3.0	0.18
276a	Bananas (weighed with skin)	Raw..	Flesh only, no skin	59	41.6	2.0	9.6	1.8	0.11
277	Blackberries	Raw..	Whole fruit ..	106	82.0	7.3	6.4	0.0	0.20

## Fruit—continued

No.	Food	g per 100 g		Calor- ies per 100 g	mg per 100 g										Acid-base balance, cc per 100 g					
		Protein (N x 6.25)	Fat		Aval- able carbo- hydrate (as mono- saccha- rides)	Na	K	Ca	Mg	Fe	Cu	P	S	Cl	N	To	Acid	N	To	Alkali.
266	Apples, Empire eating	0.3	Tr	12.2	47	2.7	116	3.6	5.0	0.29	0.14	6.8	3.7	<1.0	30					
266a	Apples, Empire eating (weighed with skin and core)	0.2	Tr	9.2	35	2.0	87	2.7	3.8	0.22	0.11	5.1	2.8	<1.0	23					
267	Apples, English eating	0.3	Tr	11.7	45	2.0	120	3.5	4.3	0.29	0.07	8.5	7.6	2.0	26					
267a	Apples, English eating (weighed with skin and core)	0.2	Tr	9.3	36	1.6	95	2.8	3.4	0.23	0.06	6.7	6.0	1.6	21					
268	Apples, cooking, raw	0.3	Tr	9.6	37	2.1	123	3.6	2.9	0.29	0.09	16.2	2.9	4.6	23					
269	Apples, cooking, baked	0.3	Tr	10.0	39	2.2	128	3.7	3.0	0.30	0.09	16.8	3.0	4.8	24					
269a	Apples, cooking, baked (weighed with skin)	0.2	Tr	8.0	31	1.8	102	3.0	2.4	0.24	0.07	13.4	2.4	3.8	19					
270	Apples, cooking, stewed without sugar	0.1	Tr	4.4	17	0.1	56	1.7	1.3	0.13	0.04	7.4	1.3	2.1	11					
271	Apricots, fresh	0.6	Tr	6.7	28	<1.0	320	17.2	12.3	0.37	0.12	21.3	6.1	<1.0	84					
271a	Apricots, fresh (weighed with stones)	0.6	Tr	6.2	26	<1.0	294	15.8	11.3	0.34	0.11	19.6	5.6	<1.0	77					
272	Apricots, dried, raw	4.8	Tr	43.4	183	56.4	1890	92.4	65.8	4.09	0.27	118.0	164.0	34.5	419					
273	Apricots, dried, stewed without sugar	2.0	Tr	18.0	76	23.4	783	38.4	27.1	1.70	0.11	49.0	68.1	14.3	174					
274	Apricots, tinned in syrup	0.5	Tr	15.7	61	0.9	256	12.0	7.2	0.70	0.05	13.0	1.0	1.5	69					
275	Avocado pears	1.1	8.0	2.5	88	16.0	396	15.3	29.4	0.53	0.21	30.8	19.4	5.9	107					
276	Bananas	1.1	Tr	19.2	77	1.2	348	6.8	41.9	0.41	0.16	28.1	13.0	78.5	79					
276a	Bananas (weighed with skin)	0.7	Tr	11.3	45	0.7	206	4.0	24.7	0.24	0.09	16.6	7.7	46.3	47					
277	Blackberries, raw	1.3	Tr	6.4	30	3.7	208	63.3	29.5	0.85	0.12	23.8	9.2	22.1	84					

## CHEMICAL COMPOSITION OF FOODS

## Fruit—continued

CHEMICAL COMPOSITION OF FOODS								
Food	Description	Nature of edible (analysed) material	Edible matter, as eaten, expressed as a percentage of the weight as purchased.	g per 100 g.				
				Water	Unavail-able carbo-hydrate	Sugar (as mono-saccha-rides)	Starch (as glucose).	Total nitrogen.
Blackberries	Stewed without sugar	Fruit and juice	200	91.0	3.7	3.2	0.0	0.10
Cherries, eating	Raw.	Flesh and skin, no stalks or stones	87	81.5	1.7	11.9	0.0	0.09
Cherries, eating (weighed with stones)	Raw..	Flesh and skin, no stalks or stones	87	71.0	1.5	10.4	0.0	0.08
Cherries, cooking	Raw..	Flesh and skin, no stalks or stones	84	79.8	1.7	11.6	0.0	0.09
Cherries, cooking (weighed)	Raw..	Flesh and skin, no stalks or stones	84	67.0	1.4	9.8	0.0	0.08
Cherries, cooking (weighed)	Raw..	Flesh and skin, no stalks or stones	238	86.2	0.6	4.1	0.0	0.03
Cherries, cooking (weighed)	Stewed without sugar	Fruit and juice, no stalks or stones	100	87.0	4.2	3.5	0.0	0.06
Cherries, cooking (weighed)	Raw..	Whole fruit, no stalks	98	77.4	8.7	6.6	0.0	0.15
Cherries, cooking (weighed)	Raw..	Whole fruit, no stalks	141	84.3	6.1	4.6	0.0	0.10
Cherries, cooking (weighed)	Raw..	Whole fruit, no stalks	97	82.8	8.2	4.4	0.0	0.13
Cherries, cooking (weighed)	Raw..	Whole fruit, no stalks	133	87.5	6.8	3.2	0.0	0.20
Cherries, cooking (weighed)	Raw..	Whole fruit, no stalks	96	83.3	6.5	5.6	0.0	0.27
Cherries, cooking (weighed)	Raw..	Whole fruit, no stalks	100	73.3	3.2	63.1	0.0	0.33
Cherries, cooking (weighed)	Raw..	Whole fruit, no stalks	71	77.5	4.1	18.1	0.0	0.08
Cherries, cooking (weighed)	Raw..	Whole fruit, no stalks or seeds	90	69.8	3.7	9.6	0.0	0.07
Cherries, cooking (weighed)	Raw..	Flesh only, no stalks or seeds	90	69.8	3.7	8.6	0.0	0.06
Cherries, cooking (weighed)	Raw..	Flesh and skin, no stalks or seeds	90	76.9	2.8	6.6	0.0	0.06

## Fruit—continued

No	Food	g. per 100 g.		Calor- ies per 100 g.	mg per 100 g.										Acid-base balance c.c. per 100 g.	
		Protein (N X 6.25)	Fat		Na	K.	Ca	Mg	Fe	Cu.	P	S.	Cl	N Acid 10	N Alkali, 10	
278	berries, stewed ut sugar	0.7	Tr	15	1.9	104	32.1	14.8	0.43	0.06	11.9	4.6	11.1	42		
279	.. eating ..	0.6	Tr	47	2.8	275	15.9	9.6	0.38	0.07	16.8	6.8	<1.0	73		
279a	.. eating (weighed stones)	0.5	Tr	40	2.4	239	13.8	8.4	0.33	0.06	14.6	5.9	<1.0	64		
280	.. cooking, raw	0.6	Tr	46	4.1	305	20.1	11.6	0.31	0.10	20.8	7.9	<1.0	81		
280a	.. cooking, raw .. (with stones)	0.5	Tr	39	3.4	256	16.9	9.8	0.26	0.08	17.5	6.6	<1.0	68		
281	.. stewed without .. (weighed with stones)	0.2	Tr	17	1.5	108	7.1	4.1	0.11	0.04	7.4	2.8	<1.0	20		
282	berries	0.4	Tr	15	1.8	119	14.7	8.4	1.11	0.14	11.2	11.1	<1.0	32		
283	s, black, raw	0.9	Tr	29	2.7	372	60.3	17.1	1.27	0.14	43.2	33.1	14.8	88		
284	s, black, stewed ut sugar	0.6	Tr	20	1.9	259	42.1	11.9	0.89	0.10	30.1	23.1	10.3	61		
285	s, red, raw	1.1	Tr	21	2.3	275	35.8	12.8	1.22	0.12	29.5	28.6	14.0	59		
286	s, red, stewed ut sugar	0.8	Tr	16	1.7	200	26.1	9.3	0.89	0.09	21.4	20.8	10.2	43		
287	s, white ..	1.3	Tr	26	1.5	291	22.4	12.7	0.93	0.14	28.0	23.6	10.7	61		
288	s, dried ..	1.7	Tr	244	19.5	708	95.2	36.2	1.82	0.48	40.4	30.8	15.7	218		
289	.. apple ..	2.1	Tr	77	13.8	578	12.0	23.9	0.53	0.15	51.0	26.7	40.0	119		
290	s, raw ..	0.5	Tr	38	2.2	290	23.5	11.0	0.41	0.03	16.4	6.4	<1.0	82		
290a	s, raw (weighed stones)	0.5	Tr	34	2.0	261	21.2	9.9	0.37	0.07	14.8	5.8	<1.0	74		
291	s, stewed without .. (weighed with stones)	0.3	Tr	26	1.5	199	16.2	7.6	0.28	0.06	11.3	4.4	<1.0	56		



## CHEMICAL COMPOSITION OF FOODS

## Fruit—continued

No	Food	Description	Nature of edible (analysed) material	Edible matter, as eaten, expressed as a percentage of the weight as purchased.	g per 100 g.				Total nitrogen
					Water.	Unavailable carbohydrate.	Sugar (as monosaccharides).	Starch (as glucose).	
292	Dates	Dried, as purchased	id skin, no stones ..	86	14.6	8.7	63.9	0.0	0.32
292a	Dates (weighed with stones)	Dried, as purchased	id skin, no stones ..	86	12.6	7.5	54.9	0.0	0.28
293	Figs, green	Raw..	ruit, no stalks ..	98	84.6	2.5	9.5	0.0	0.21
294	Figs, dried ..	Raw..	ruit. ..	100	16.8	18.5	52.9	0.0	0.57
295	Figs, dried ..	Stewed without sugar	id juice ..	178	52.8	10.5	30.0	0.0	0.32
296	Fruit salad	Tinned in syrup ..	id syrup, as purchased ..	100	77.6	1.1	18.5	0.0	0.04
297	Gooseberries, green	Raw ..	kin and pips, no " or " tails ..	99	89.9	3.2	3.4	0.0	0.18
298	Gooseberries, green	Stewed without sugar	id juice ..	198	95.0	1.6	1.7	0.0	0.09
299	Gooseberries, ripe ..	Raw..	kin and pips, no " or " tails ..	94	83.7	3.5	9.2	0.0	0.09
300	Grapes, black ..	Raw ..	ly, no skin, pips or ..	81	80.7	0.4	15.5	0.0	0.09
300a	Grapes, black (whole grapes weighed)	Raw ..	ly, no skin, pips or ..	81	65.2	0.3	13.0	0.0	0.08
301	Grapes, white ..	Raw ..	id skin, no pips or ..	95	79.3	0.9	16.1	0.0	0.10
301a	Grapes, white (whole grapes weighed) ..	Raw ..	id skin, no pips or ..	95	75.5	0.9	15.3	0.0	0.10
302	Grapefruit ..	Raw..	ly, no skin, pith or ..	48	90.7	0.6	5.3	0.0	0.10
302a	Grapefruit (whole fruit weighed)	Raw..	ly, no skin, pith or ..	48	43.5	0.3	2.5	0.0	0.05

## Fruit—continued

No	Food	g per 100 g		Calor ies per 100 g	mg per 100 g										Acid-base balance, c.c. per 100 g.			
		Protein (N x 6.25)	Fat		Avail- able carbo- hydrate (as mono- saccha- rides)	Na	K	Ca	Mg	Fe	Cu	P	S	Cl	N 10	N 10	Acid, 10	Alkali, 10
292	Dates	2.0	Tr	63.9	4.8	754	67.9	58.5	1.61	0.21	63.8	51.0	290.0	124				
292a	Dates (weighed with stones)	1.7	Tr	54.9	4.1	649	58.3	50.3	1.38	0.18	54.8	43.8	249.0	107				
293	Figs, green	1.3	Tr	9.5	1.6	268	34.2	20.0	0.42	0.06	32.2	12.9	18.4	69				
294	Figs, dried, raw	3.6	Tr	52.9	7	1010	284.0	92.3	4.17	0.24	91.5	80.8	166.0	361				
295	Figs, dried, stewed with- out sugar	2.0	Tr	30.0	49.3	576	161.5	52.5	2.37	0.14	52.0	45.9	94.2	205				
296	Fruit salad, tinned in syrup	0.3	Tr	18.5	2.3	116	8.4	7.7	3.45	0.03	9.6	1.8	3.2	33				
297	Gooseberries, green, raw	1.1	Tr	3.4	1.9	210	28.3	7.1	0.32	0.13	33.9	15.9	6.5	41				
298	Gooseberries, green, stewed without sugar	0.6	Tr	1.7	1.0	105	14.2	3.6	0.16	0.07	17.0	8.0	3.3	21				
299	Gooseberries, ripe	0.6	Tr	9.2	1.2	170	18.5	8.6	0.58	0.15	19.0	13.5	10.7	37				
300	Grapes, black	0.6	Tr	15.5	1.7	316	4.2	4.0	0.34	0.08	16.1	7.4	<1.0	72				
300a	Grapes, black (whole grapes weighed)	0.5	Tr	13.0	1.4	265	3.5	3.4	0.29	0.07	13.5	6.2	<1.0	58				
301	Grapes, white	0.6	Tr	16.1	1.6	250	19.1	6.6	0.34	0.10	21.9	9.1	<1.0	60				
301a	Grapes, white (whole grapes weighed)	0.6	Tr	15.3	1.5	237	18.1	6.3	0.32	0.10	20.8	8.7	<1.0	57				
302	Grapefruit	0.6	Tr	5.3	1.4	234	17.1	10.4	0.26	0.06	15.6	5.1	1.3	64				
302a	Grapefruit (whole fruit weighed)	0.3	Tr	2.5	0.7	112	8.2	5.0	0.13	0.03	7.5	2.5	0.6	31				

## CHEMICAL COMPOSITION OF FOODS

## Fruit—continued

No	Food	Description.	Nature of edible (analysed) material	Edible matter, as eaten, expressed as a percentage of the weight as purchased.	g per 100 g.				
					Water	Unavail- able carbo- hydrate	Sugar (as mono- saccha- rides).	Starch (as glucose)	Total nitrogen
303	Greengages	Raw..	Flesh and skin, no stones or stalks	95	78.3	2.6	11.8	0.0	0.12
303a	Greengages (weighed with stones)	Raw..	Flesh and skin, no stones or stalks	95	74.4	2.5	11.2	0.0	0.11
304	Greengages (weighed with stones)	Stewed without sugar	Fruit and juice, no stones	147	82.6	1.7	7.6	0.0	0.08
305	Lemons, whole	Raw..	Whole fruit, including skin, no pips	99	85.2	5.2	3.2	0.0	0.12
306	Lemon juice	Raw..	Strained juice	36	91.3	0.0	1.6	0.0	0.05
307	Loganberries	Raw..	Whole fruit	100	85.0	6.2	3.4	0.0	0.17
308	Loganberries	Tinned in syrup	Fruit and syrup as purchased	100	66.3	3.3	26.2	0.0	0.10
309	Medlars	Raw..	Flesh only, no skin or stones	81	74.5	10.2	10.6	0.0	0.08
309a	Medlars (weighed with skin and stones)	Raw..	Flesh only, no skin or stones	81	60.2	8.3	8.6	0.0	0.06
310	Melons, Cantaloupe	Raw..	Flesh only, no skin or pips	59	93.6	1.0	5.3	0.0	0.16
310a	Melons, Cantaloupe (weighed with skin)	Raw..	Flesh only, no skin or pips	59	58.6	0.6	3.3	0.0	0.10
311	Melons, yellow	Raw..	Flesh only, no skin or pips	■	94.2	0.9	5.0	0.0	0.10
311a	Melons, yellow (weighed with skin)	Raw..	Flesh only, no skin or pips	59	59.0	0.6	3.1	0.0	0.06
312	Mulberries	Raw..	Whole fruit	100	85.0	1.7	8.1	0.0	0.21
313	Nectarines	Raw..	Flesh and skin, no stones	92	80.2	2.4	12.4	0.0	0.15
313a	Nectarines (weighed with stones)	Raw..	Flesh and skin, no stones	92	74.0	2.2	11.4	0.0	0.14

## Fruit—continued

No	Food	g per 100 g.		Calor- ies per 100 g	mg per 100 g.										Acid-base balance, cc per 100 g.	
		Protein (N x 6.25)	Fat		Na	K	Ca	Mg	Fe	Cu	P.	S.	Cl	N 10	N Alkal. 10	
303	Greengages	0.8	Tr	48	305	16.8	7.7	0.37	0.08	22.6	3.0	1.0	77			
303a	Greengages (weighed with stones)	0.8	Tr	45	290	16.0	7.3	0.35	0.08	21.5	2.9	1.0	73			
304	Greengages, stewed with- out sugar (weighed with stones)	0.5	Tr	31	196	10.8	5.0	0.24	0.05	14.6	1.9	0.6	50			
305	Lemons, whole	0.8	Tr	15	163	107.0	11.6	0.35	0.26	20.7	12.3	5.1	85			
306	Lemon juice	0.3	Tr	7	142	8.4	6.6	0.14	0.13	10.3	2.0	2.6	74			
307	Loganberries	1.1	Tr	17	257	35.1	25.0	1.37	0.14	24.3	18.1	15.8	74			
308	Loganberries, tinned in syrup	0.6	Tr	101	97	17.6	11.3	2.88	0.04	23.0	3.0	4.6	25			
309	Medlars	0.5	Tr	42	246	30.1	10.5	0.49	0.17	28.0	16.6	3.1	60			
309a	Medlars (weighed with skin and stones)	0.4	Tr	34	200	24.4	8.5	0.40	0.14	22.7	13.5	2.5	49			
310	Melons, Cantaloupe	1.0	Tr	24	319	19.1	20.1	0.81	0.04	30.4	11.7	43.5	75			
310a	Melons, Cantaloupe (weighed with skin)	0.6	Tr	15	200	11.9	12.6	0.51	0.03	19.0	7.3	27.2	47			
311	Melons, yellow	0.6	Tr	21	19.5	222	13.8	13.3	0.24	0.04	8.7	6.3	45.0	61		
311a	Melons, yellow (weighed with skin)	0.4	Tr	13	12.2	139	8.6	8.3	0.15	0.03	5.4	3.9	23.2	38		
312	Mulberries	1.3	Tr	36	257	35.7	15.1	1.57	0.06	47.7	8.8	3.7	60			
313	Nectarines	0.9	Tr	50	268	3.9	12.6	0.46	0.06	23.9	10.0	4.7	62			
313a	Nectarines (weighed with stones)	0.8	Tr	46	247	3.6	11.6	0.42	0.06	22.0	9.2	4.3	57			

## Fruit—continued

No	Food	Description	Nature of edible (analysed) material.	Edible matter, as eaten, expressed as a percentage of the weight as purchased.	g. per 100 g				Total nitrogen.
					Water.	Unavailable carbohydrate, hydrate.	Sugar (as monosaccharides)	Starch (as glucose)	
314	.. (weighed with stones)	Bottled in brine	Flesh and skin, no stones	80	76.5	4.4	0.0	0.0	0.14
315	cs ..	Bottled in brine	Flesh and skin, no stones	80	61.1	3.5	0.0	0.0	0.11
315a	cs (weighed with peel and pips)	Raw ..	Flesh only, no peel or pips	75	86.1	2.0	8.5	0.0	0.13
316	cs (weighed with peel and pips)	Raw ..	Flesh only, no peel or pips	75	64.8	1.5	6.4	0.0	0.10
317	cs, fresh	Raw ..	Strained juice	46	87.7	0.0	9.4	0.0	0.10
317a	cs, fresh (weighed with peel)	Raw ..	Flesh and seeds, no skin	42	73.3	15.9	6.2	0.0	0.44
318	cs, fresh	Raw ..	Flesh and seeds, no skin	42	30.8	6.7	2.6	0.0	0.18
318a	cs, fresh (weighed with peel)	Raw ..	Flesh and skin, no stones	87	86.2	1.4	9.1	0.0	0.10
319	cs, dried	Raw ..	Flesh and skin, no stones	87	75.1	1.2	7.9	0.0	0.09
320	cs, dried	Raw ..	All ..	100	15.5	14.3	53.0	0.0	0.55
321	cs ..	Stewed without sugar	Fruit and juice	294	71.3	4.9	18.0	0.0	0.19
322	cs ..	Tinned in syrup	Fruit and syrup as purchased	100	80.0	1.0	17.2	0.0	0.06
322a	Empire eating ..	Raw ..	Flesh only, no skin or core	69	83.6	2.5	10.8	0.0	0.04
322a	Empire eating ..	Raw ..	Flesh only, no skin or core	69	57.2	1.7	7.5	0.0	0.03
323	Pears, English eating ..	Raw ..	Flesh only, no skin or core	75	83.4	2.1	10.4	0.0	0.03
323a	Pears, English eating (weighed with skin and core)	Raw ..	Flesh only, no skin or core	75	62.5	1.6	7.8	0.0	0.02
324	Pears, English cooking ..	Raw ..	Flesh only, no skin or core	77	83.0	2.9	9.3	Tr.	0.04
325	Pears, English cooking ..	Stewed without sugar	Flesh and juice (peeled and cored before cooking)	110	88.4	2.6	6.5	Tr.	0.03
326	Pears ..	Tinned in syrup	Fruit and syrup as purchased	100	79.8	1.7	16.4	0.0	0.06

## Fruit—continued

No	Food	g. per 100 g.		Calor- ies per 100 g.	mg. per 100 g.										Acid-base balance, cc. per 100 g.	
		Protein (N x 6.25)	Fat		Avail- able carbo- hydrate (as mono- saccha- rides)	Na	K	Ca	Mg	Fe	Cu	P	S	Cl.	N Acid. 10	N Alkal. 10
314	Olives (in brine)	0.9	11.0	0.0	106	(2250)	41	61.2	21.8	1.03	0.23	16.8	35.6	(3750)	38	
314a	Olives (in brine) (weighed with stones)	0.7	8.8	0.0	85	(1800)	73	49.0	17.5	0.83	0.18	13.4	28.5	(3000)	30	
315	Oranges	0.8	Tr.	8.5	75	2.9	197	41.3	12.9	0.33	0.07	23.7	9.0	1.2	61	
315a	Oranges (weighed with peel and pips)	0.6	Tr.	6.4	27	2.2	148	31.0	9.7	0.25	0.05	17.8	6.8	2.4	40	
316	Orange juice	0.6	Tr.	9.4	38	1.7	179	11.5	11.5	0.30	0.05	21.7	4.6	1.2	45	
317	Passion fruit	2.8	Tr.	6.2	35	28.4	348	15.6	38.6	1.12	0.12	54.2	18.7	36.6	33	
317a	Passion fruit (weighed with skin)	1.2	Tr.	2.6	15	11.9	146	6.5	16.2	0.47	0.05	22.8	7.8	15.4	36	
318	Peaches, fresh	0.6	Tr.	9.1	37	2.7	259	4.8	7.9	0.38	0.05	18.5	5.7	1.0	61	
318a	Peaches, fresh (weighed with stones)	0.5	Tr.	7.9	32	2.4	225	4.2	6.9	0.33	0.04	16.1	5.0	1.0	53	
319	Peaches, dried, raw	3.4	Tr.	53.0	213	6.0	1100	35.6	54.1	6.75	0.63	116.0	240.0	10.5	121	
320	Peaches, dried, stewed without sugar	1.2	Tr.	18.0	72	2.0	376	12.1	18.4	2.29	0.21	39.4	81.5	3.6	41	
321	Peaches, tinned in syrup	0.4	Tr.	17.2	66	1.4	151	3.5	6.3	1.93	0.06	10.0	1.0	1.2	38	
322	Pears, Empire eating	0.3	Tr.	10.8	42	2.3	129	8.0	9.3	0.19	0.20	9.9	5.8	1.0	36	
322a	Pears, Empire eating, (weighed with skin and core)	0.2	Tr.	7.5	29	1.6	89	5.5	6.4	0.13	0.14	6.8	3.9	1.0	25	
323	Pears, English eating	0.2	Tr.	10.4	40	2.3	127	6.9	5.1	0.22	0.09	9.5	2.7	1.0	34	
323a	Pears, English eating (weighed with skin and core)	0.2	Tr.	7.8	30	1.7	95	5.2	3.8	0.17	0.07	7.1	2.0	1.0	26	
324	Pears, cooking, raw	0.3	Tr.	9.3	36	2.5	100	7.1	4.2	0.16	0.11	14.6	3.4	1.5	22	
325	Pears, cooking, stewed without sugar	0.2	Tr.	6.5	25	1.7	70	5.0	2.9	0.11	0.08	10.2	2.4	1.1	15	
326	Pears, tinned in syrup	0.4	Tr.	16.4	63	1.4	90	5.3	5.9	1.75	0.04	5.3	1.3	2.8	26	

## CHEMICAL COMPOSITION OF FOODS

## Fruit—continued

No	Food	Description	Nature of edible (analysed) material.	Edible matter, as eaten, expressed as = percentage of the weight as purchased	g. per 100 g.				Total nitrogen.
					Water	Unavail- able carbo- hydrate	Sugar (as mono- saccha- rides)	Starch (as glucose).	
327	Pineapple, fresh ..	Raw ..	Flesh only, no skin or core	53	84.3	1.2	11.6	0.0	0.08
328	Pineapple ..	Tinned in syrup ..	Fruit and syrup as purchased	100	80.8	0.9	16.5	0.0	0.04
329	Plums, Victoria dessert ..	Raw.. ..	Flesh and skin, no stones or stalks	94	84.1	2.1	9.6	0.0	0.09
329a	Plums, Victoria dessert (weighed with stones)	Raw.. ..	Flesh and skin, no stones or stalks	94	79.1	2.0	9.0	0.0	0.08
330	Plums, cooking ..	Raw ..	Flesh and skin, no stones or stalks	91	85.1	2.5	6.2	0.0	0.09
330a	Plums, cooking (weighed with stones)	Raw.. ..	Flesh and skin, no stones or stalks	91	77.5	2.3	5.6	0.0	0.08
331	Plums, cooking (weighed with stones)	Stewed without sugar	Fruit and juice, no stones..	140	83.9	1.6	4.0	0.0	0.06
332	Pomegranate juice ..	Raw.. ..	Juice only ..	56	85.4	0.0	11.6	0.0	0.03
333	Prunes, dried ..	Raw.. ..	Flesh and skin, no stones ..	83	23.3	16.1	40.3	0.0	0.39
333a	Prunes, dried (weighed with stones)	Raw.. ..	Flesh and skin, no stones ..	83	19.3	13.4	33.5	0.0	0.32
334	Prunes, dried (weighed with stones)	Stewed without sugar	Fruit and juice, no stones..	216	62.6	6.2	15.5	0.0	0.15
335	Quinces ..	Raw.. ..	Flesh only, no skin or core	69	84.3	6.4	6.3	Tr.	0.05
336	Raisins, dried ..	Raw.. ..	Flesh and skin, no stones ..	92	21.5	6.8	64.4	0.0	0.17
337	Raspberries ..	Raw.. ..	Whole fruit ..	100	83.2	7.4	5.6	0.0	0.14
338	Raspberries ..	Stewed without sugar	Fruit and juice ..	100	88.6	5.0	3.8	0.0	0.10
339	Rhubarb ..	Raw.. ..	Stems only ..	67	94.2	2.6	1.0	0.0	0.10
340	Rhubarb ..	Stewed without sugar	Stems and juice ..	96	95.9	1.8	0.7	0.0	0.07
341	Strawberries ..	Raw.. ..	Flesh and pips, no stalks	97	88.9	2.2	6.2	0.0	0.10
342	Sultanas, dried ..	Raw.. ..	Whole fruit ..	100	18.3	7.0	64.7	0.0	0.10
343	Tangerines ..	Raw.. ..	Flesh only, no peel or pips	70	86.7	1.9	8.0	0.0	0.14
343a	Tangerines (weighed with peel and pips)	Raw.. ..	Flesh only, no peel or pips	70	60.6	1.3	5.6	0.0	0.10

## COMPOSITION PER 100 GRAMMES

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No	Food	g per 100 g		Calor- ies per 100 g	mg. per 100 g										Acid-base balance, c c per 100 g		
		Protein (N x 6.25)	Fat		Atail- able carbo- hydrate (as mono- saccha- rides)	Na	K	Ca	Mg	Fe	Cu	P.	S	Cl.	N 10	Acid. 10	N Alkali. 10
327	Pineapple, fresh	0.5	Tr	11.6	46	1.6	247	12.2	16.9	0.42	0.08	7.8	2.0	28.5	70		
328	Pineapple, tinned in syrup	0.3	Tr	16.5	63	0.5	57	13.4	8.1	1.70	0.05	5.0	2.7	4.2	22		
329	Plums, Victoria dessert	0.6	Tr	9.6	38	1.7	188	11.0	7.2	0.36	0.10	16.3	3.5	<1.0	48		
329a	Plums, Victoria dessert (weighed with stones)	0.6	Tr	9.0	36	1.6	177	10.4	6.8	0.34	0.09	15.3	3.3	<1.0	45		
330	Plums, cooking, raw	0.6	Tr	6.2	26	2.0	195	13.7	7.9	0.30	0.09	14.5	4.6	<1.0	52		
330a	Plums, cooking, raw (weighed with stones)	0.5	Tr	5.6	23	1.8	177	12.5	7.2	0.27	0.08	13.2	4.2	<1.0	47		
331	Plums, stewed without sugar (weighed with stones)	0.4	Tr	4.0	17	1.3	126	8.9	5.1	0.19	0.06	9.4	3.0	<1.0	34		
332	Pomegranate juice	0.2	Tr	11.6	44	1.1	204	2.9	3.1	0.15	0.07	7.5	4.2	52.5	35		
333	Prunes, dried, raw	2.4	Tr	40.3	161	12.2	864	37.7	26.7	2.90	0.16	83.0	18.5	2.5	203		
333a	Prunes, dried, raw (weighed with stones)	2.0	Tr	33.5	134	10.2	718	31.3	22.2	2.41	0.13	69.0	15.4	2.1	169		
334	Prunes, stewed without sugar (weighed with stones)	0.9	Tr	15.5	62	4.7	333	14.5	10.3	1.12	0.06	32.0	7.1	1.0	78		
335	Quinces	0.3	Tr	6.3	25	3.2	203	13.9	6.0	0.32	0.13	19.0	5.2	1.9	49		
336	Raspberries, dried	1.1	Tr	64.4	247	52.2	860	60.6	41.7	1.55	0.24	32.8	23.0	8.5	270		
337	Raspberries, raw	0.9	Tr	5.6	25	2.5	224	40.7	21.6	1.21	0.21	28.7	17.3	22.3	61		
338	Raspberries, stewed with- out sugar	0.6	Tr	3.8	17	1.7	152	27.6	14.6	0.82	0.14	19.5	11.7	15.1	41		
339	Rhubarb, raw	0.6	Tr	1.0	6	2.2	425	103.0	13.6	0.40	0.13	21.0	8.2	87.0	130		
340	Rhubarb, stewed without sugar	0.4	Tr	0.7	4	1.5	297	72.0	9.5	0.28	0.09	14.7	5.7	60.9	91		
341	Strawberries	0.6	Tr	6.2	26	1.5	161	22.0	11.7	0.71	0.13	23.0	13.4	17.5	35		
342	Solanum, dried	1.7	Tr	64.7	249	7.8	856	52.2	35.3	1.82	0.35	94.5	44.3	15.5	204		
343	Tangerines	0.9	Tr	8.0	34	2.2	155	41.5	11.2	0.27	0.09	16.7	10.3	2.4	53		
343a	Tangerines (weighed with peel and pits)	0.6	Tr	5.6	24	1.5	108	33.0	7.8	0.19	0.06	11.7	7.2	1.7	37		



## Nuts

No.	Food.	Nature of edible (analysed) material.	Edible matter, as eaten, expressed as percentage of the weight as purchased.	Water.	Unavail- able carbo- hydrate.*	Sugar (as invert sugar).	Starch (as glucose).	Total nitrogen.
344	Almonds	only, no shell ..	37	4.7	14.3	4.3	0.0	3.27
344a	Almonds (weighed with shells)	only, no shell ..	37	1.7	5.3	1.6	0.0	1.21
345	Barcelona nuts	only, no shell ..	62	5.7	10.3	3.4	1.8	2.06
345a	Barcelona nuts (weighed with shells)	only, no shell ..	62	3.5	6.4	2.1	1.1	1.28
346	Brazil nuts	only, no shell ..	45	8.5	9.0	1.7	2.4	2.21
346a	Brazil nuts (weighed with shells)	only, no shell ..	45	3.8	4.1	0.8	1.1	0.99
347	Chestnuts	only, no shell ..	83	51.7	6.8	7.0	29.6	0.37
347a	Chestnuts (weighed with shells)	only, no shell ..	83	42.8	5.7	5.8	24.6	0.31
348	Cob nuts	only, no shell ..	36	41.1	6.1	4.7	2.1	1.44
348a	Cob nuts (weighed with shells)	only, no shell ..	36	14.8	2.2	1.7	0.8	0.52
349	Coconut, fresh	only, no shell ..	70	42.0	13.6	3.7	0.0	0.61
350	Coconut milk	only ..	15	92.9	—	4.9	0.0	0.08
351	Coconut, desiccated	reashed ..	100	Tr	23.5	6.4	0.0	1.05
352	Peanuts	only, no shell ..	69	4.5	8.1	3.1	5.5	4.50
352a	Peanuts (weighed with shells)	only, no shell ..	69	3.1	5.6	2.1	3.8	3.10
353	Walnuts	only, no shell ..	64	23.5	5.2	3.2	1.8	2.00
353a	Walnuts (weighed with shells)	only, no shell ..	64	15.0	3.3	2.0	1.2	1.28

\* Undetermined matter, probably unavailable carbohydrate

## Nuts—continued

No.	Food	g. per 100 g.		Calor-ics per 100 g.	mg. per 100 g.										Acid base balance, c c per 100 g.	
		Protein (N x 6.25)	Fat		Na	K	Ca	Mg	Fe	Cu	P	S	Cl.	$\frac{N}{10}$ Acid.	$\frac{N}{10}$ Alkali	
344	Almonds (weighed with shells)	20.5	53.5	4.3	598	856	247	257	4.23	0.14	442	145	1.7	183		
344a	Almonds	7.6	19.8	1.6	221	316	92	95	1.56	0.05	164	54	0.6	68		
345	Barcelona nuts	12.9	64.0	5.2	667	935	170	202	2.97	0.96	299	176	33.5	182		
345a	Barcelona nuts (weighed with shells)	8.0	39.6	3.2	413	580	106	125	1.84	0.60	185	109	20.8	113		
346	Brazil nuts	13.8	61.5	4.1	644	760	178	411	2.82	1.10	592	293	61.0	45		
346a	Brazil nuts (weighed with shells)	6.2	27.6	1.8	289	342	79	185	1.27	0.50	267	132	27.4	20		
347	Chestnuts	2.3	2.7	36.6	172	497	46	33	0.89	0.23	74	29	15.0	113		
347a	Chestnuts (weighed with shells)	1.9	2.2	30.4	142	412	38	27	0.74	0.19	61	24	12.4	94		
348	Cob nuts	9.0	36.0	6.8	398	345	44	56	1.06	0.21	229	75	5.9	39		
348a	Cob nuts (weighed with shells)	3.2	13.0	2.4	143	124	16	20	0.38	0.08	82	27	2.1	14		
349	Coconut, fresh	3.8	36.0	3.7	365	436	13	52	2.03	0.32	94	44	114.0	49		
350	Coconut milk	0.4	—	4.9	—	312	29	30	0.10	0.04	37	24	183.0	75		
351	Coconut dehydrated	6.6	62.0	6.4	628	751	22	90	3.59	0.55	162	76	196.0	85		
352	Peanuts	28.1	49.0	8.6	603	680	61	181	2.04	0.27	365	377	6.8			
352a	Peanuts (weighed with shells)	19.4	33.8	5.9	416	469	42	125	1.41	0.19	252	260	4.7	116		
353	Walnuts	12.5	51.5	5.0	549	687	61	131	2.35	0.31	510	104	23.0	84		
353a	Walnuts (weighed with shells)	8.0	33.0	3.2	352	439	39	84	1.50	0.20	326	67	14.7	54		

## CHEMICAL COMPOSITION OF FOODS

## Vegetables

No	Food	Method and time of cooking	Nature of edible (analytical) material	Edible matter, as eaten, expressed as % of the weight of the purchased.	g per 100 g.				Total nitrogen.
					Water	Unavail-able carbo-hydrate	Sugar (as invert sugar).	Starch (as glucose)	
354	Artichokes, globe	Boiled 35 minutes	Base of leaves and soft inside parts	41	84.4	—	—	0.0	0.18
354a	Artichokes, globe (weighed as served)	Boiled 35 minutes	Base of leaves and soft inside parts	41	36.3	—	—	0.0	0.08
355	Artichokes, Jerusalem	Boiled 20 minutes	Flesh only	85	80.2	—	—	0.0	0.25
356	Asparagus	Boiled 25 minutes	Soft tips	20	92.4	1.5	1.1	0.0	0.54
356a	Asparagus (weighed as served)	Boiled 25 minutes	Soft tips	20	46.2	0.8	0.6	0.0	0.27
357	Beans, baked	Tinned	Contents of tin as purchased	100	69.6	5.1	6.1	11.2	0.96
358	Beans, broad	Boiled 30 minutes	Whole beans, without pods	31	83.7	4.2	0.6	6.5	0.66
359	Beans, butter	Raw	Whole beans	100	8.7	24.5	3.6	46.2	3.06
360	Beans, butter	Soaked 24 hours, boiled 2 hours	Whole beans	250	70.5	5.1	1.5	15.6	1.13
361	Beans, French	Cut up and boiled 30 minutes	Flesh and skin of pods and beans	100	95.5	3.2	0.8	6.3	0.12
362	Beans, haricot	Raw	Whole beans	100	7.9	28.8	2.8	42.7	3.42
363	Beans, haricot	Soaked 24 hours, boiled 2 hours	Whole beans	260	69.6	7.4	0.8	15.8	1.06
364	Beans, runner	Raw	Flesh and skin of pods and beans	86	91.6	3.0	2.7	0.2	0.18
365	Beans, runner	Cut up and boiled 25 minutes	Flesh and skin of pods and beans	86	93.6	3.0	0.8	0.1	0.12
366	Beetroot*	Boiled 2 hours	Flesh only, no skin	80	82.7	2.5	9.9	0.0	0.29

\* Weighed cold.

## Vegetables—continued

No	Food	F. per 100 g		Calor- ies per 100 g	mg per 100 g										Acid-base balance, cc per 100 g	
		Protein (N x 6.25)	Fat		Na	K	Ca	Mg	Fe	Cu	P	S	Cl	N Acid To	N Alkali To	
354	Artichokes, globe, boiled	1.1	Tr	15	*2.7	14.8	327	43.5	27.2	0.49	0.09	39.7	15.5	83.5		76
354a	Artichokes, globe, boiled (weighed as served)	0.5	Tr	7	*1.2	6.4	141	18.7	11.7	0.21	0.04	17.1	6.7	35.9		33
355	Artichokes, Jerusalem, boiled	1.6	Tr	19	*3.2	2.6	420	30.3	11.4	0.41	0.12	33.0	21.6	57.5	-	82
356	Asparagus, boiled	3.4	Tr	18	1.1	1.7	235	25.3	10.4	0.89	0.20	84.5	46.6	31.4	10	
356a	Asparagus, boiled (weighed as served)	1.7	Tr	9	0.6	0.9	118	12.9	5.2	0.45	0.10	42.3	23.3	15.7	5	
357	Beans, baked	6.0	0.4	93	17.3	(591)	344	61.6	36.7	2.05	0.24	184.0	50.7	(810)		28
358	Beans, broad, boiled	4.1	Tr	43	7.1	19.6	233	21.2	27.6	0.98	0.43	99.0	27.0	14.2		17
359	Beans, butter, raw	19.2	Tr	266	49.8	61.5	1700	84.8	164.0	5.92	1.22	318.0	109.0	46.5		355
360	Beans, butter, boiled	7.1	Tr	93	17.1	18.2	398	18.7	33.3	1.67	0.16	86.5	47.2	2.4		60
361	Beans, French, boiled	0.8	Tr	7	1.1	3.4	102	38.6	10.1	0.59	0.10	15.2	8.3	10.7		37
362	Beans, haricot, raw	21.4	Tr	258	45.5	43.2	1160	180.0	183.0	6.65	0.61	309.0	166.0	1.8		255
363	Beans, haricot, boiled	6.6	Tr	89	16.6	15.0	320	64.5	44.5	2.50	0.14	122.0	46.3	1.1		50
364	Beans, runner, raw	1.1	Tr	15	2.9	6.5	276	33.3	23.0	0.74	0.09	25.9	14.1	22.7		77
365	Beans, runner, boiled	0.8	Tr	7	0.9	3.3	87	25.6	12.5	0.59	0.03	10.7	9.5	8.8		32
366	Beetroot, boiled	1.8	Tr	44	9.9	64.0	350	30.0	16.9	0.70	0.14	35.6	22.1	75.5		39

\* This vegetable contains muh. 50 per cent total carbohydrate taken to be available

## Vegetables—continued

No	Food	Method and time of cooking.	Nature of edible (analysed) material	Edible matter, as eaten, expressed as a percentage of the weight as purchased	g per 100 g				Total nitrogen
					Water.	Unavail-able carbo-hydrate	Sugar (as invert sugar).	Starch (as glucose).	
367	Broccoli tops	Boiled 45 minutes	y. no thick	42	90.8	4.2	0.4	0.0	0.50
368	Broccoli sprouts	Boiled 30 minutes	..	94	90.8	4.8	1.1	0.6	0.38
369	Broccoli, red	Raw	..	70	89.7	3.4	3.5	0.0	0.27
370	Broccoli, Savoy	Raw	..	53	89.9	3.1	3.3	0.0	0.53
371	Broccoli, Savoy	Boiled 30 minutes	..	65	95.7	2.5	1.1	0.0	0.21
372	Broccoli, spring	Boiled 30 minutes	..	59	96.6	2.2	0.8	-0.0	0.18
373	Broccoli, winter	Raw	..	60	90.6	2.5	8.3	0.0	0.43
374	Broccoli, winter	Boiled 45 minutes	..	71	95.9	2.5	1.2	0.1	0.13
375	Broccoli, winter	Dried	..	100	13.9	71.3	0.4	0.0	1.08
376	Broccoli, old	Raw	..	96	89.8	2.9	5.4	0.0	0.11
377	Broccoli, old	Boiled 45 minutes	..	87	91.5	3.1	4.2	0.1	0.10
378	Broccoli, young	Boiled 25 minutes	..	50	81.1	3.0	4.4	0.1	0.14
379	Broccoli, young	Boiled 30 minutes	inner leaves	42	91.9	2.4	1.2	0.0	0.24
380	Broccoli, young	Boiled 30 minutes	..	79	90.2	4.9	1.5	0.5	0.26
381	Broccoli, young	Raw	..	73	93.5	1.8	1.2	0.1	0.15
382	Broccoli, young	Boiled 30 minutes	..	72	95.7	2.2	0.7	0.0	0.10
383	Broccoli, young	Raw	..	79	96.2	..	..	0.0	0.12
384	Broccoli, young	Raw	..	77	96.4	0.4	1.8	0.0	0.10
385	Broccoli, young	Raw	..	77	93.4	2.5	2.9	0.2	0.11
386	Broccoli, young	Raw	..	63	93.7	2.2	1.0	0.0	0.28
387	Broccoli, young	Raw	..	45	74.7	8.3	7.3	3.7	0.72
388	Broccoli, young	Boiled 30 minutes	..	44	90.8	3.9	4.6	0.0	0.28
389	Broccoli, young	Raw	..	100	6.5	17.4	2.4	50.8	3.80
390	Broccoli, young	Soaked 24 hours, boiled 3 hours.	..	290	71.9	2.4	0.9	17.4	1.08

## Vegetables—continued

No.	Food	g per 100 g.		Calor- ies per 100 g.	mg per 100 g.								Acid-base balance, cc per 100 g.	
		Protein (N × 6.25)	Fat		Na	K	Ca	Mg	Fe	Cu.	P.	S	N 10	N-Alkali, 10
367	tops, boiled	3.1	Tr	0.4	6.8	103	160.0	13.5	1.52	0.10	54.0	45	43	..
368	sprouts, boiled	2.4	Tr	1.7	7.7	247	27.1	10.6	0.63	0.08	44.8	77	8	..
369	red, raw	1.7	Tr	3.5	31.6	302	53.2	16.5	0.57	0.09	32.1	68	56	1.5
370	Savoy, raw	3.3	Tr	1.1	22.5	263	75.0	19.5	0.90	—	67.7	88	26	1.3
371	Savoy, boiled	1.3	Tr	1.1	8.1	122	52.5	7.2	0.72	0.07	27.2	30	28	1.4
372	spring, boiled	1.1	Tr	0.8	12.3	108	30.0	6.3	0.45	0.07	31.8	26	14	..
373	winter, raw	2.7	Tr	8.3	24.4	240	72.3	16.8	1.23	—	64.1	71	27	1.6
374	winter, boiled	0.8	Tr	1.3	13.5	144	58.2	7.3	0.47	0.04	16.2	23	49	..
375	in moss, dried	6.8	Tr	0.4	29	2800.0	845.0	630.0	8.88	0.51	205.0	546	..	..
376	old, raw	0.7	Tr	5.4	224	95.0	48.0	12.0	0.56	0.08	21.0	6	90	1.5
377	old, boiled	0.6	Tr	4.3	31.9	50.0	87	36.9	0.64	0.37	0.08	16.7	44	..
378	young, boiled	0.9	Tr	4.5	21	22.5	237	28.8	8.4	0.43	0.08	29.5	59	1.1
379	er, boiled	1.5	Tr	1.2	11.4	152	23.0	6.6	0.48	0.08	33.0	29	17	..
380	boiled	1.6	Tr	2.0	14	28.2	400	46.5	12.0	0.84	13.7	10	88	1.4
381	aw	0.9	Tr	1.3	9	137.0	278	52.2	9.6	0.61	11	31.7	84	1.0
382	soiled	0.6	Tr	0.7	5	66.5	132	52.0	8.6	0.43	0.11	19.3	50	..
383	raw	0.8	Tr	*1.5	9	7.3	182	18.4	12.6	0.69	0.14	20.9	41	1.0
384	er, raw	0.6	Tr	1.8	9	13.0	141	22.8	9.1	0.30	0.09	24.1	32	1.5
385	it, raw	0.7	Tr	3.1	15	2.5	238	10.4	9.5	0.39	0.08	12.1	45	..
386	raw	1.8	Tr	1.0	10.1	381	43.9	10.4	2.77	0.09	66.5	25	54	1.5
387	fish, raw	4.5	Tr	11.0	60	7.9	579	119.0	35.8	2.03	0.14	70.0	58	1.8
388	oiled	1.8	Tr	4.6	25	6.4	278	60.5	12.5	2.00	27.5	18	55	1.6
389	raw	23.8	Tr	53.2	297	36.0	673	38.6	76.5	0.59	42.0	122	20	1.5
390	boiled	6.8	Tr	18.3	96	9.4	217	10.5	2.20	0.27	80.0	37	4	1.7

\* This vegetable contains inulin. \*\* per cent. total carbohydrate taken to be available.

## CHEMICAL COMPOSITION OF FOODS

No	Food	Method and time of cooking	Nature of edible (analysed) material	Edible matter, as eaten, expressed as a percentage of the weight as purchased	g. per 100 g.				
					Water.	Unavail-able carbohydrate	Sugar (as invert sugar)	Starch (as glucose).	Total nitrogen.
391	Lettuce	Raw	Inner leaves of long and headed forms	45	95.2	1.4	1.8	0.0	0.17
392	Marrow	Boiled 25 minutes	Flesh only	64	97.8	0.6	1.3	0.1	0.06
393	Mushrooms	Raw	Flesh and stem	75	91.5	2.5	0.0	0.0	0.74*
394	Mushrooms	Fried in dripping	Flesh and stem	61	64.2	—	0.0	0.0	0.90*
395	Mustard and cress	Raw	Leaves and stems	100	92.5	3.7	0.9	0.0	0.28
396	Onions	Raw	Flesh only	97	92.8	1.3	5.2	0.0	0.15
397	Onions	Boiled 30 minutes	Flesh only	85	96.6	1.3	2.7	0.0	0.09
398	Onions	Cut up and fried in dripping	Flesh only	49*	42.0	—	10.1	0.0	0.90
399	Onions, spring	Raw	Flesh of bulb	31	86.8	3.1	8.5	0.0	0.15
400	Parsley	Raw	Leaves	53	78.7	9.1	Tr	0.0	0.83
401	Parsnips	Raw	Flesh only	74	82.5	4.0	8.8	2.5	0.27
402	Parsnips	Boiled 30 minutes	Whole peas, no pods	78	83.2	2.5	2.7	10.8	0.20
403	Peas, fresh	Raw	Whole peas, no pods	37	78.5	5.2	4.0	6.6	0.92
404	Peas, fresh	Boiled 20 minutes	Whole peas	100	80.0	5.2	1.8	5.9	0.80
405	Peas, dried	Raw	Whole peas	270	87	21.3	2.4	47.6	3.45
406	Peas, dried	Soaked 24 hours, boiled 2 hours	Peas as purchased	100	68	17.2	1.9	54.7	3.54
407	Peas, split, dried	Raw	Peas as purchased	250	67.3	5.1	0.9	21.0	1.33
408	Potatoes, old, peeled	Tinned	Whole peas	100	72.7	4.4	2.3	14.2	0.94
409	Potatoes, old, peeled	Raw	Flesh only	86	75.8	2.1	0.5	20.3	0.34
410	Potatoes, old, peeled	Raw	Peel only	—	80.0	2.6	0.4	15.5	0.40

\* 60 per cent. of this nitrogen is present as urea.

## COMPOSITION PER 100 GRAMMES

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## Vegetables—continued

No.	Food	K per 100 g.		Protein (N x 6.25)	Fat	Avail- able carbo- hydrate (as mono- saccha- rides)	Calor- ies per 100 g.	mg per 100 g										Acid-base balance, cc. per 100 g	
		Na	K					Ca	Mg	Fe	Cu	P	S	Cl	N 10	N 10	Alkali.		
391	c, raw ..	3	1	25	9	0	73	0	15	30	2	11	8	39	5	38			
392	" , boiled ..	7	1	13	6	7	22	0	3	12	7	5	5	13	9	19			
393	as, raw ..	9	1	2	2	9	03	0	64	136	0	33	8	84	5	4			
394	as, fried ..	11	0	3	13	2	03	1	78	160	0	73	8	103	0	16			
395	d and cress, raw ..	19	0	6	16	0	25	4	54	0	12	65	5	89	0	23			
396	" , raw ..	23	10	2	27	3	30	0	08	30	0	50	7	19	5				
397	" , boiled ..	13	6	6	7	6	07	0	07	16	4	23	7	4	9				
398	" , fried ..	35	20	0	14	8	59	0	16	59	0	87	8	38	0				
399	" , spring, raw ..	26	13	0	10	9	24	0	13	23	6	50	0	35	5				
400	" , raw ..	21	33	0	52	2	8	00	0	52	128	0	16	5	40	5			
401	ps, raw ..	49	16	5	22	4	0	57	0	10	69	0	14	6	32	7			
402	ps, boiled ..	13	5	34	13	0	45	0	10	31	7	14	6	32	7				
403	resh, raw ..	64	0	5	13	0	1	88	0	23	104	0	50	0	38	0			
404	resh, boiled ..	49	17	4	21	4	1	22	0	15	83	3	43	5	7	8			
405	fried, raw ..	27	37	9	116	0	4	73	0	49	303	0	129	0	60	0			
406	fried, boiled ..	100	12	6	30	3	1	44	0	17	113	0	39	0	9	3			
407	plut, dried, raw ..	303	38	3	125	0	5	40	0	58	268	0	166	0	56	0			
408	split, dried, boiled ..	116	14	2	30	2	1	74	0	25	122	0	45	7	10	2			
409	inced ..	86	(260)		24	4	1	87	0	21	169	0	43	9	(318)				
410	-es, old, raw ..	87	6	5	24	2	0	75	0	15	40	3	34	6	78	5			
411	-es, old, raw, peel..	70	7	0	27	6	2	00	0	25	36	4	—	—	95	0			

\* See page 6.



## CHEMICAL COMPOSITION OF FOODS

## Vegetables—continued

No	Food.	Method and time of cooking	Nature of edible (analysed) material	Edible matter, as eaten, expressed as a percentage of the weight as purchased	g. per 100 g.				
					Water	Unavail- able carbo- hydrate.	Sugar (as invert sugar)	Starch (as glucose).	Total nitrogen
391	Lettuce ..	Raw ..	Inner leaves of long and headed forms	45	95.2	1.4	1.8	0 0	0.17
392	Marrow ..	Boiled 25 minutes	Flesh only	64	97.8	0 6	1.3	0 1	0 06
393	Mushrooms ..	Raw ..	Flesh and stem ..	75	91 5	2.5	0.0	0.0	0.74*
394	Mushrooms ..	Fried in dripping	Flesh and stem ..	61	64.2	—	0 0	0.0	0.90*
395	Mustard and cress ..	Raw ..	Leaves and stems	100	92.5	3 7	0.9	0.0	0.26
396	Onions ..	Raw ..	Flesh only	97	92.8	1.3	5.2	0.0	0.15
397	Onions ..	Boiled 30 minutes	Flesh only	85	96.6	1.3	2.7	0.0	0.09
398	Onions ..	Cut up and fried in dripping	Flesh only	49*	42.0	—	10.1	0.0	0.90
399	Onions, spring ..	Raw ..	Flesh of bulb	31	86.8	3.1	8 5	0.0	0.15
400	Parsley ..	Raw ..	Leaves ..	53	78.7	9.1	Tr.	0.0	0.83
401	Parsnips ..	Raw ..	Flesh only	74	82 5	4 0	8.8	0.0	0.27
402	Parsnips ..	Boiled 30 minutes	Flesh only	78	83 2	2 5	2.7	10.8	0.20
403	Peas, fresh ..	Raw ..	Whole peas, no pods	37	78 5	5 2	4.0	6 6	0.92
404	Peas, fresh ..	Boiled 20 minutes	Whole peas, no pods	37	80 0	5.2	1.8	5.9	0.80
405	Peas, dried ..	Raw ..	Whole peas	100	18.7	21.3	2.4	47.6	8.45
406	Peas, dried ..	Soaked 24 hours, boiled 2 hours	Whole peas	270	70 3	4 8	0.9	18.2	1 11
407	Peas, split, dried ..	Raw ..	Peas as purchased	100	6 8	17 2	1 9	54.7	3.54
408	Peas, split, dried ..	Soaked 24 hours, boiled 2 hours	Peas as purchased	250	67.3	5.1	0 9	21.0	1.33
409	Peas ..	Tinned ..	Whole peas	100	72.7	4.4	2.3	14.2	0.94
410	Potatoes, old ..	Raw ..	Flesh only	86	75.8	2.1	0.3	20.3	0.34
411	Potatoes, old, peel	Raw ..	Peel only	—	80 0	2.6	0.4	15.5	0.40

\* 20 per cent. of this nitrogen is present as urea

## COMPOSITION PER 100 GRAMMES

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## Vegetables—continued

No.	Food	K per 100 g.		Calor- ies per 100 g.	mg per 100 g										Acid base balance, c.c. per 100 g.	
		Protein (N x 6.25)	Fat		Na	K	Ca	Mg	Fe	Cu.	P	S	Cl.	N 10	N 10	Alkali.
391	Lettuce, raw	1.1	Tr	18	31	208	25.9	9.7	0.73	0.15	30.2	11.8	39.5	38		
392	Marrow, boiled	0.4	Tr	14	12	84	13.6	6.7	0.22	0.03	12.7	5.5	13.9	19		
393	Mushrooms, raw	1.8	Tr	0	9	467	2.9	13.2	1.03	0.64	136.0	33.8	84.5	4		
394	Mushrooms, fried	2.2	22.3	0	11	563	3.5	16.0	1.25	0.78	166.0	73.8	103.0		16	
395	Mustard and cress, raw	1.6	Tr	0	19	337	65.9	27.3	4.54	0.12	65.5	170.0	89.0	23		
396	Onions, raw	0.9	Tr	23	10	137	31.2	7.6	0.30	0.08	30.0	50.7	19.5			
397	Onions, boiled	0.6	Tr	13	6	78	24.4	4.9	0.25	0.07	16.4	23.7	4.9	5		
398	Onions, fried	1.8	33.3	10	20	267	61.0	14.8	0.59	0.16	59.0	87.8	38.0	2		
399	Onions, spring, raw	0.9	Tr	8	36	135	0	10.9	1.24	0.13	23.6	50.0	35.5	16		
400	Parsley, raw	5.2	Tr	8	33	1080	325.0	52.2	8.00	0.52	128.0	—	156.0	84		
401	Parsnips, raw	1.7	Tr	11	3	342	54.8	22.4	0.57	0.10	69.0	16.5	40.5	75		
402	Parsnips, boiled	5.8	Tr	13	5	293	35.5	13.0	0.45	0.10	31.7	14.6	32.7	67		
403	Pears, fresh, raw	5.8	Tr	10	6	342	15.1	30.2	1.88	0.23	104.0	50.0	38.0	12		
404	Pears, fresh, boiled	5.0	Tr	7	49	174	12.6	21.4	1.22	0.15	83.3	43.5	7.8		14	
405	Pears, dried, raw	21.5	Tr	50	37	985	116.0	21.4	4.73	0.49	303.0	129.0	60.0	103		
406	Pears, dried, boiled	6.9	Tr	19	100	267	24.4	30.3	1.44	0.17	113.0	39.0	9.3	12		
407	Pears, split, dried, raw	22.1	Tr	56	38	910	33.0	125.0	5.40	0.58	268.0	166.0	56.0	77		
408	Pears, split, dried, boiled	8.3	Tr	21	116	269	10.8	30.2	1.74	0.25	122.0	45.7	10.2		5	
409	Pears, tinned	5.9	Tr	16	86	201	25.7	24.4	1.87	0.21	169.0	43.9	31.8	29		
410	Potatoes, old, raw	2.1	Tr	20	8	568	7.7	24.2	0.75	0.15	40.3	34.6	78.5	103		
411	Potatoes, old, raw, peeled	2.5	Tr	15	9	650	27.0	27.6	2.00	0.25	36.4	—	95.0	—		

\* See page 6

## Vegetables—continued

No	Food	Method and time of cooking	Nature of edible (analysed) material.	Edible matter, as eaten, expressed as a percentage of the weight as purchased.	g. per 100 g.				Total nitrogen.
					Water	Unavail- able carbo- hydrate	Sugar (as invert sugar).	Starch (as glucose).	
412	Potatoes, old	Boiled 30 minutes	Flesh only (peeled before boiling)	86	80.5	1.0	0.4	19.3	0.23
413	Potatoes, old	Boiled and mashed with margarine and milk	Flesh only	94	76.9	0.9	0.6	17.4	0.24
414	Potatoes, old	Baked in skins	Flesh only	68	71.0	2.5	0.6	24.4	0.41
414a	Potatoes, old (with skin)	Baked in skins	Flesh only	68	57.5	2.0	0.5	19.8	0.33
415	Potatoes, old	Roast in shallow fat	Flesh only	66	64.3	—	—	—	0.45
416	Potatoes, old, "chips"	Cut in cubes and fried in deep fat	Flesh only	49	47.0	—	—	—	0.61
417	Potatoes, new	Boiled 15 minutes	Flesh only	96	78.8	2.0	0.7	17.6	0.25
418	Pumpkin	Raw	Flesh only	81	94.7	0.5	2.7	0.7	0.10
419	Radishes	Raw	Flesh and skin	50	93.3	1.0	2.8	0.0	0.16
420	Salsify	Boiled 45 minutes	Flesh only	63	81.2	—	—	0.0	0.30
421	Seakale	Boiled 20 minutes	Stem only	74	95.6	1.3	0.6	0.0	0.23
422	Spinach	Boiled 15 minutes, with- out added water	Leaves	42	85.1	6.3	1.2	0.2	0.81
423	Spring greens	Boiled 30 minutes	Leaves	100	93.6	3.6	0.9	0.0	0.27
424	Sweet peas	Raw	Flesh only	86	91.4	2.7	4.2	0.1	0.18
425	Sweet peas	Boiled 45 minutes	Flesh only	82	91.6	2.8	3.7	0.1	0.14
426	Sweet potatoes	Boiled 30 minutes	Flesh only	88	72.0	2.3	9.1	11.0	0.17
427	Tomatoes	Raw	Flesh, skin and seeds	100	93.4	1.5	2.8	Tr.	0.14
428	Tomatoes	Fried in dripping	Flesh, skin and seeds	87	86.5	—	3.3	Tr.	0.16
429	Turnips	Raw	Flesh only	84	93.3	2.8	3.8	0.0	0.12
430	Turnips	Boiled 30 minutes	Flesh only	80	94.5	2.2	2.3	0.0	0.11
431	Turnip tops	Boiled 20 minutes	Leaves	45	92.8	3.9	0.0	0.1	0.43
432	Watercress	Raw	Leaves and part of stem	77	91.1	3.3	0.6	0.1	0.46

## COMPOSITION PER 100 GRAMMES

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## Vegetables—continued

No	Feed	g. per 100 g		Calor- ies per 100 g	mg per 100 g								Acid-base balance, c.c. per 100 g.		
		Protein (N x 6.25)	Fat.		N	K	Ca	Mg	Fe	Cu.	P.	S.	Cl	N Acid 10	N Alkali 10
412	Potatoes, old, boiled	1.4	Tr	19.7	3.4	325	4.3	15.0	0.48	0.11	29.0	22.2	40.7	53	
413	Potatoes, old, mashed	1.5	5.0	18.0	(24)	302	11.7	14.4	0.45	0.10	31.0	23.5	(71)	51	
414	Potatoes, old, baked in skins	2.5	Tr	25.0	7.8	680	9.2	29.0	0.90	0.19	48.3	41.5	94.0	124	
414a	Potatoes, old, baked in skins (weighed with skins)	2.0	Tr	20.3	6.3	550	7.5	23.5	0.73	0.15	39.1	33.6	76.1	100	
415	Potatoes, old, roast	2.8	1.0	27.3	8.6	745	10.1	32.0	0.99	0.20	53.0	56.3	103.0	128	
416	Potatoes, old, "chips"	3.8	9.0	37.3	11.7	1020	13.8	43.3	1.35	0.27	72.2	44.7	140.0	196	
417	Potatoes, new, boiled	1.6	Tr	18.3	40.5	330	5.0	19.6	0.46	0.15	33.0	24.3	45.5	72	
418	Pumpkin, raw	0.6	Tr	3.4	1.3	309	39.0	8.2	0.39	0.08	19.4	9.5	36.5	78	
419	Radishes, raw	1.0	Tr	2.8	15	59.0	43.7	11.4	1.88	0.13	27.1	37.5	18.8	72	
420	Salsify, boiled	1.9	Tr	*2.8	18	183	60.0	14.2	1.23	0.12	53.0	25.2	46.0	29	
421	Seakale, boiled	1.4	Tr	0.6	8	50	47.8	10.5	0.60	0.07	33.5	52.0	12.4	10	
422	Spinach, boiled	5.1	Tr	1.4	26	123.0	490	595.0	59.2	4.00	0.26	93.0	86.5	55.5	396
423	Spring greens, boiled	1.7	Tr	0.9	10	10.3	118	86.0	8.6	1.33	0.08	30.5	28.5	16.1	43
424	Swedes, raw	1.1	Tr	4.3	21	52.2	136	56.4	10.8	0.35	19.0	39.1	30.5	49	
425	Swedes, boiled	0.9	Tr	3.8	18	14.4	102	41.5	7.0	0.29	18.4	30.5	9.3	26	
426	Sweet potatoes, boiled	1.1	Tr	20.1	80	296	20.5	12.3	0.62	0.15	43.5	14.9	60.0	50	
427	Tomatoes, raw	0.9	Tr	2.8	14	288	13.3	11.0	0.43	0.10	21.3	10.7	51.0	56	
428	Tomatoes, fried	1.0	5.9	3.3	71	3.3	335	15.4	12.8	0.50	0.12	24.8	9.2	59.0	68
429	Turnips, raw	0.8	Tr	3.8	16	238	58.8	7.4	0.37	0.07	27.5	22.1	31.4	65	
430	Turnips, boiled	0.7	Tr	2.3	11	28.3	55.0	6.6	0.35	0.04	19.2	21.2	31.4	52	
431	Turnip tops, boiled	2.7	Tr	0.1	6.7	78	98.0	10.1	3.08	0.09	45.1	39.0	14.8	23	
432	Watercress, raw	2.9	Tr	0.7	60.0	314	222.0	17.0	1.62	0.14	52.0	127.0	156.0	75	

\* This vegetable contains inulin. 50 per cent total carbohydrate taken to be available.

## Beverages

No	Food	Description and number of samples.	g. per 100 g.				Purine nitrogen.
			Water.	Sugar (as invert sugar).	Starch and dextrins (as glucose).	Total nitrogen.	
459	Bournvita	rent shops	6.0	60.6	7.0	1.83	—
457	Bovril	rent shops	—	0.0	0.0	5.95	0.324
458	Cocoa powder	rent shops	2.5	Tr.	35.0	3.27	—
459	Coffee, ground, roasted	rent shops	4.1	Tr.	28.5	2.04	0.038
460	Coffee, infusion, 2 minutes	mixed sample, boiled in 10 c.c. water and strained	—	Tr.	0.3	0.03	Tr.
461	Coffee, infusion, 5 minutes	mixed sample, boiled in 10 c.c. water and strained	—	Tr.	0.4	0.04	Tr.
462	Coffee, infusion, 10 minutes	mixed sample, boiled in 10 c.c. water and strained	—	Tr.	0.4	0.05	Tr.
463	Coffee, infusion, 20 minutes	mixed sample, boiled in 10 c.c. water and strained	—	Tr.	0.4	0.05	Tr.
464	Lemonade	rent shops	—	12.5	0.0	Tr.	—
465	Malted milk, Horlick's	rent shops	3.0	50.8	20.0*	2.31	0.356
466	Marmite	rent shops	—	0.0	0.0	6.35	—
467	Ovaltine	rent shops	3.3	54.0	7.6*	2.12	—
468	Oxo cubes	rent shops	—	0.0	0.0	6.93	0.236
469	Tea, Indian	rent shops	9.3	0.0	0.0	4.08	0.072
470	Tea, Indian, infusion	red sample, infused with water 2-10 minutes and strained	—	0.0	0.0	0.01	Tr.
471	Vitrol	3 samples from different shops	21.5	62.6	0.0	0.73	—

\* Dextrins only.

## Beverages—continued

No	Food	g. per 100 g. (or 100 c.c.)			mg. per 100 g. (or 100 c.c.)										Acid-base balance, c.c. per 100 g. (or 100 c.c.)	
		Protein	Fat	Avail-able carbo-hydrate (as mono-saccha-rides)	Calor-ies per 100 g. (or 100 c.c.)	Na	K	Ca	Mg	Fe	Cu	P.	S.	Cl.	N. Acid. 10	N. Alkali. 10
456	Bournvita	11.4	7.5	67.6	370	360.0	660	89.0	170.0	3.3	0.98	411	243	185.0	45	
457	Horvill	29.0	0.7	0.0	125	(5580)	3590	52.0	169.0	12.1	0.83	1300	362	(8880)	510	
458	Cocoa powder	20.4	25.6	35.0	452	(650)	534	51.2	192.0	14.3	3.40	685	160	199.0	7	
459	Coffee, ground, roasted	12.5	15.4	28.5	301	73.5	2020	133.0	235.0	4.1	0.82	161	110	23.6	634	
460	Coffee, infusion, 2 min	0.2	Tr	0.3	3	0.2	66	2.1	5.5	Tr	Tr	1.5	—	0.4	—	
461	Coffee, infusion, 5 min	0.3	Tr	0.4	4	0.3	88	3.4	8.3	Tr	Tr	2.8	—	0.6	—	
462	Coffee, infusion, 10 min	0.3	Tr	0.4	5	0.4	104	3.9	10.5	Tr	Tr	4.3	—	0.6	—	
463	Coffee, infusion, 20 min	0.3	Tr	0.4	5	0.4	110	4.0	10.8	Tr	Tr	4.8	—	0.6	—	
464	Lemonade	Tr	Tr	12.5	47	Tr	14	0.8	0.7	Tr	0.01	1.0	—	Tr	—	
465	Malted milk, Horlick's	14.4	8.6	70.8	404	690.0	1128	272.0	71.0	1.3	1.22	402	167	516.0	4	
466	Marmite	10.0	Tr	0.0	41	(6130)	3440	77.3	276.0	5.2	1.96	1890	382	(7750)	274	
467	Ovaltine	13.2	7.9	61.6	356	249.0	1100	339.0	140.0	3.5	0.65	563	183	404.0	171	
468	Oxo cubes	31.9	3.8	0.0	166	(10,600)	2690	101.5	160.0	14.0	0.32	1090	321	(14,000)	85	
469	Tea, Indian	14.1	0.0	0.0	58	44.5	2160	426.0	254.0	15.2	1.59	628	177	51.8	635	
470	Tea, Indian, infusion	0.1	0.0	0.0	<1	0.4	17	0.3	1.1	Tr	Tr	1.0	—	0.4	—	
471	Viol	4.6	12.8	59.6	361	(374)	360	108.0	61.5	17.6	0.47	266	83	(596)	30	

\* See p. 6. Peptides and amino-acids account for most of the non-protein nitrogen in Marmite.

## Beers (1938)

No	Food	Description and number of samples	cc per 100 c.c.	g per 100 c.c.	
				Alcohol.	Total nitrogen
472	Mild ale, draught	3 samples, different brewers	4.45	3.3	0.08
473	Mild ale, bottled	3 samples, different brewers	4.74	4.1	0.04
474	Pale ale, draught	4 samples, different brewers	5.95	3.5	0.05
475	Pale ale, bottled	5 samples, different brewers	6.10	3.4	0.04
476	Strong ale	5 samples, different brewers	7.96	5.3	0.08
477	Stout	6 samples, different brewers	4.73	5.0	0.08

## Condiments

No	Food.	Description and number of samples	g. per 100 g.			
			Water.	Sugar (as invert sugar)	Starch.	Total nitrogen.
478	Curry powder	2 samples from different shops	—*	—	—	1.52
479	Ground ginger	2 samples from different shops	—*	—	—	1.19
480	Mustard	2 varieties	—*	—	—	4.62
481	Pepper	2 samples from different shops	—*	—	—	1.40
482	Salt, block	3 samples from different shops	0.2	0.0	0.0	0.0
483	Table salt "A"	2 samples from different shops	0.1	0.0	0.0	0.0
484	Table salt "B"	1 sample	0.1	0.0	0.0	0.0
485	Vinegar†	4 samples from different shops	—	0.6	0.0	0.07

\* The loss of weight at 100° C. cannot be used to determine the amount of water present, since these substances contain volatile essential oils.

† The manufacturers of these well known brands of table salt have objected to the composition of their products being published under their trade names.

‡ Contains 4.8 c.c. acetic acid per cent

No	Food	g per 100 cc		Calor- ies per 100 g	mg per 100 cc.										Acid-base balance, c.c. per 100 c.c.	
		Protein (N x 6.25)	Fat		Na	K	Ca	Mg	Fe	Cu	P.	S	Cl.	N Acid 10	N Alkali, 10	
472	Mild ale, draught	0.5	Tr	3.1	45	23.2	42	11.7	7.7	0.05	0.13	14.9	20.4	36.2	1	1
473	Mild ale, bottled	0.3	Tr	3.7	49	19.4	54	12.7	10.0	0.08	0.07	18.1	25.2	36.1	4	4
474	Pale ale, draught	0.3	Tr	3.2	55	13.5	56	10.9	10.5	0.05	0.08	21.5	23.2	35.4	<1	<1
475	Pale ale, draught	0.2	Tr	3.0	55	13.5	52	13.6	10.5	0.07	0.06	17.7	23.8	31.6	4	4
476	Pale ale, bottled	0.5	Tr	4.9	76	19.3	89	16.9	14.4	0.10	0.11	28.5	34.1	54.4	3	3
477	Strong ale	0.4	Tr	4.1	50	20.9	68	10.3	11.6	0.14	0.12	23.3	23.2	35.7	2	2
477	Stout															

## Condiments—continued

No	Food	g per 100 g		Calor- ies per 100 g	mg per 100 g										Acid-base balance, c.c. per 100 g.	
		Protein (N x 6.25)	Fat		Na	K	Ca	Mg	Fe	Cu	P	S	Cl.	N Acid, 10	N Alkali, 10	
478	Curry powder	9.5	10.8	237	1830	637	284	75.00	1.04	270	86	470		860		
479	Ground ginger	7.4	3.3*	259	910	97	132	17.20	0.45	136	145	40		216		
480	Mustard	28.9	28.7	463	943	333	256	10.90	0.20	177	1280	62	308	308		
481	Pepper	8.8	6.5†	309	7	42	127	45	10.20	1.13	130	99	60	289		
482	Salt, block	0.0	0.0	0	38,700	Tr.	230	135	0.26	0.39	Tr.	401	59,600	107		
483	Table salt "A"	0.0	0.0	0	38,900	Tr.	149	500	0.54	0.55	74	35	60,000	422		
484	Table salt "B"	0.0	0.0	0	39,300	Tr.	12	176	0.30	0.66	Tr.	23	60,300	139		
485	Vinegar	0.4	0.0	4	20	90	15	22	0.47	0.04	32	19	47	12		

\* By Soxhlet extraction. The figure for fat obtained by von Lieberman's method is 0.4 per cent and this has been used for calculating calories.

† By Soxhlet extraction. The figure for fat obtained by von Lieberman's method is 2.0 per cent. and this has been used for calculating calories.



## Vegetable Fats

No.	Food.	Description and number of samples	g. per 100 g	
			Water.	Total nitrogen.
486	Margarine	4 samples from different shops	..	0.03
487	Olive oil	One sample only	Tr.	Tr.

## Cakes and Pastries

No.	Food.	Description.	g per 100 g.			
			Water.	Sugar (as invert sugar).	Starch and dextrins (as glucose)	Total nitrogen.
488	Buns (1943)	from different shops	27.2	9.5	47.5	1.55
489	Cherry cake	11 ..	10.7	36.3	20.2	0.79
490	Chocolate cakes	11 ..	12.9	31.4	24.5	1.08
491	Coconut cakes	11 ..	12.7	16.7	38.0	1.19
492	Curant buns (1936)	from 4 different shops	28.6	14.0	40.5	1.30
493	Curant cake	11 ..	12.7	31.1	29.8	1.01
494	Curant cake (1943)	from different shops	30.7	20.8	30.8	1.16
495	Doughnuts	from 4 different shops	26.4	15.0	33.8	1.05
496	Dundee cake	from different shops	15.2	42.0	20.3	0.65
497	Eccles cakes	12 ..	14.5	16.0	35.6	0.82
498	Ginger biscuits	12 ..	7.9	33.7	37.5	1.00
499	Gingerbread	12 ..	19.0	32.7	30.7	0.94
500	Ginger cake (1943)	from different shops	30.7	12.4	42.0	1.18
501	Jam tarts, flaky pastry	12 ..	25.5	37.3	19.3	0.46
502	Jam tarts, short pastry	12 ..	23.0	37.3	23.9	0.56
503	Jam tarts, economical	escape p. 12	10.0	24.2	40.2	1.03
504	Lemon curd tarts	12 ..	22.4	17.6	33.0	0.95
505	Mince pies	12 ..	34.9	9.4	33.2	0.75

## Vegetable Fats—continued

No.	Food	g. per 100 g.		Calor- ies per 100 g.	mg. per 100 g.										Acid-base balance, c c. per 100 g.	
		Protein (N x 6.25).	Carbo- hydrate.		Na	K.	Ca.	Mg.	Fe.	Cu.	P.	S.	Cl.	N Acid 10	N Alkali 10	
486	Margarine ..	0.2	85.3	0.0	794	(318)	5	4.1	0.9	0.30	0.04	12.0	12	(495)	13	<1
487	Olive oil ..	Tr.	99.9	0.0	929	0.1	Tr.	0.5	0.4	0.08	0.07	Tr.	Tr.	Tr.		

## Cakes and Pastries—continued

No.	Food	g. per 100 g.		Calor- ies per 100 g	mg per 100 g										Acid-base balance, cc per 100 g	
		Protein	Fat		Na	K	Ca	Mg	Fe	Cu	P.	S.	Cl.	N 10	N 10	Alkali.
488	" (1943)	8.9	6.1	57.0	307	(118)	198	(82)	46.0	2.71	0.32	170.0	—	(129)	—	—
489	cake ..	4.7	24.0	56.5	454	(137)	69	32.1	10.2	1.22	0.32	70.6	62.9	(127)	19	—
490	ate cakes ..	6.4	23.3	55.9	451	(217)	90	22.3	14.7	1.28	0.06	103.0	83.6	(179)	29	—
491	it cakes ..	7.0	23.4	54.7	450	(166)	174	35.0	22.8	1.09	0.10	101.5	82.7	(169)	11	—
492	t buns (1936)	7.4	7.6	54.5	365	(101)	182	35.9	22.3	2.13	0.08	65.0	73.4	(195)	16	—
493	t cake ..	5.9	18.4	60.9	422	(152)	208	34.4	17.6	1.15	0.14	85.0	76.8	(150)	—	6
494	t cake (1943)	6.6	10.8	51.6	321	(595)	210	(67)	34.1	2.44	0.27	(328)	—	(336)	—	—
495	nuts ..	6.0	15.8	48.8	355	(60)	113	21.3	16.4	1.62	0.11	55.0	56.4	(89)	17	—
496	o cake ..	3.8	15.0	62.3	389	(141)	338	50.3	27.5	2.02	0.18	78.5	55.0	(180)	—	60
497	cakes ..	4.8	29.3	51.6	485	(167)	180	24.8	16.5	0.82	0.12	57.3	59.4	(275)	7	—
498	-- biscuits ..	5.9	16.7	71.2	446	(331)	142	21.3	15.2	1.26	0.07	75.9	31.3	(141)	—	64
499	-- bread ..	5.5	13.0	63.4	381	(336)	160	13.5	15.4	1.26	0.07	81.0	78.1	(104)	—	87
500	cake (1943)	6.7	9.0	54.4	315	(970)	150	(69)	38.5	4.70	0.23	(469)	—	(327)	—	—
501	arts, flaky pastry ..	2.6	15.8	56.5	370	(103)	94	15.0	10.1	0.95	0.12	36.3	31.0	(158)	—	—
502	arts, short pastry ..	3.2	13.3	61.0	365	(116)	102	15.9	11.4	0.99	0.12	41.9	36.9	(178)	—	—
503	arts, economical ..	6.0	19.8	61.0	451	(165)	122	(128)	27.7	1.56	0.33	(236)	—	(159)	—	—
504	-- curd tarts ..	5.6	24.3	50.6	439	(175)	111	16.0	12.2	0.74	0.04	70.2	66.8	(275)	48	—
505	-- pies ..	4.4	19.7	42.6	361	(225)	267	27.8	17.9	1.22	0.05	50.2	57.8	(407)	—	12

## Cakes and Pastries—continued

No	Food	Description	g. per 100 g			
			Water,	Sugar (as invert sugar)	Starch and dextrins (as glucose).	Total nitrogen.
506	scuits	Recipe, p. 12	3.9	11.8	50.8	1.51
507	scuits, economical	M.O.F. recipe, p. 12	2.0	8.0	65.5	1.68
508	o	Recipe, p. 13	13.7	28.0	26.0	1.01
509	y, raw	Recipe, p. 13	32.0	Tr.	35.8	0.78
510	ry, baked	Recipe, p. 13	17.4	Tr.	43.5	0.95
511	rt, raw	Recipe, p. 13	27.2	Tr.	44.5	0.96
512	rt, baked	Recipe, p. 13	10.6	Tr.	54.8	1.17
513	nomical, raw	M.O.F. recipe, p. 13	19.1	Tr.	49.5	1.25
514	nomical, baked	M.O.F. recipe, p. 13	5.0	Tr.	59.9	1.51
515	tato, raw	M.O.F. recipe, p. 13	31.8	Tr.	48.6	1.20
516	tato, baked	M.O.F. recipe, p. 13	10.7	0.1	63.5	1.57
517	uts, economical	Recipe, p. 13	1.0	21.9	49.0	1.60
518	ts, economical	M.O.F. recipe, p. 13	20.7	21.7	31.2	1.21
519	es	Recipe, p. 13	11.3	32.0	27.1	1.02
520	s	Recipe, p. 14	11.3	27.4	37.6	0.96
521	a	Recipe, p. 14	10.4	30.9	34.7	1.02
522	a, economical	Recipe, p. 14	14.0	25.9	39.0	1.33
523	th eggs)	Recipe, p. 14	20.4	9.4	50.6	1.47
524	thout egg)	Recipe, p. 14	21.5	4.2	53.1	1.34
525	a	Recipe, p. 14	5.0	16.1	48.8	1.06
526	ke	Recipe, p. 14	30.0	31.4	23.7	1.52
527	(1943)	3 samples from different shops	34.0	34.7	22.4	0.95
528	ese cakes	Recipe, p. 14	15.4	31.2	29.0	0.79

## Cakes and Pastries—continued

No	Food	g per 100 g		mg. per 100 g.										Acid-base balance, cc per 100 g	
		Protein	Fat	Carbo- hydrate	Calor- ies per 100 g	Na	K	Ca	Mg	Fe	Cu	P.	S.	Cl.	N 10
506	Oatmeal biscuits, eco- nomical	8.9	23.9	62.6	503	(277)	200	35.8	52.6	2.15	0.13	204.5	110.0	(136)	6
507	Oatmeal biscuits, eco- nomical	9.6	18.6	73.6	488	(121)	245	(71)	72.1	2.89	0.27	251.0	—	(214)	—
508	Orange cake	5.9	25.5	54.0	463	(199)	91	20.6	11.6	0.98	0.05	97.5	78.4	(189)	29
509	Pastry, flaky, raw	4.5	29.4	35.8	425	(178)	66	9.7	10.9	0.52	0.04	49.1	52.9	(287)	37
510	Pastry, flaky, baked	5.4	35.8	43.5	518	(217)	80	11.7	13.3	0.63	0.05	60.0	64.1	(351)	46
511	Pastry, short, raw	5.5	24.7	44.5	418	(202)	82	11.4	13.5	0.60	0.05	59.8	63.8	(325)	44
512	Pastry, short, baked	6.7	30.4	54.8	515	(248)	100	14.0	16.5	0.74	0.06	73.5	78.5	(398)	54
513	Pastry, economical, raw	7.2	24.3	49.5	441	(198)	106	(151)	31.9	1.59	0.24	(284)	—	(194)	—
514	Pastry, economical, baked	8.6	29.3	59.9	532	(238)	128	(183)	38.4	1.93	0.29	(343)	—	(235)	—
515	Pastry, potato, raw	7.0	14.6	48.7	348	(333)	182	(47)	33.0	1.53	0.22	(105.0)	—	(615)	—
516	Pastry, potato, baked	9.1	19.1	63.7	453	(498)	238	(62)	43.0	1.99	0.31	137.0	—	(804)	—
517	Plain biscuits, economical	9.4	21.1	70.9	500	(153)	131	(127)	33.2	2.04	0.25	(266)	—	(181)	—
518	Plain biscuits, economical	7.2	19.9	52.9	413	(154)	110	(121)	23.5	1.46	0.20	(235)	—	(162)	—
519	Open cakes	6.0	22.4	59.1	454	(182)	173	32.4	15.4	1.06	0.09	94.1	79.4	(132)	4
520	Rock huns	5.6	16.8	65.0	422	(155)	190	48.9	18.7	0.72	0.11	78.3	63.3	(144)	—
521	Rock cakes	6.0	16.0	65.6	418	(150)	240	42.3	20.1	1.09	0.15	83.6	74.0	(135)	26
522	Rock cakes, economical	7.8	12.8	64.9	394	(145)	278	(154)	34.2	1.88	0.28	(284)	—	(120)	—
523	Scones (with egg)	8.6	10.5	60.0	358	(169)	148	47.2	20.0	0.97	0.07	117.5	106.1	(127)	26
524	Scones (without egg)	7.7	13.2	57.3	369	(165)	162	63.1	21.5	0.66	0.08	109.5	85.3	(125)	46
525	Shortbread	27	7	64.9	519	(86)	93	15.7	15.2	1.61	0.06	69.2	69.1	(141)	—
526	Springer cake	8.9	7.0	55.1	308	(79)	115	34.9	13.4	1.61	0.04	141.5	123.0	103	107
527	Swiss roll (1943)	5.4	2.5	57.1	260	(652)	131	(72)	23.1	2.53	0.36	(353)	—	(244)	—
528	Whirl cheese cakes	4.7	18.9	60.2	421	(138)	100	17.5	12.4	0.99	0.10	61.5	56.8	(141)	10

## Puddings

No	Food.	Description.	g. per 100 g.				Total nitrogen.
			Water.	Sugar (as invert sugar).	Starch and dextrins (as glucose).		
529	otte	P 14	51.0	20.9	7.7	0.22	
530	ling	P 15	58.1	11.6	18.9	0.39	
531	ing	P 15	51.2	12.5	19.7	0.45	
532	..	P 15	55.1	18.0	15.3	0.36	
533	tard	P 15	73.3	14.1	4.1	0.40	
534	..	P 15	73.7	12.2	6.6	0.51	
535	ing, economical	P 15	41.4	13.6	26.6	1.04	
536	butter pudding	P 15	67.2	11.4	5.8	0.89	
537	iding, steamed	P 15	67.9	14.2	6.4	0.74	
538	ding, baked	P 16	13.3	26.1	29.4	1.03	
539	ling, baked	P 16	16.2	25.1	28.8	0.89	
540	ling, steamed	P 16	24.9	21.9	25.0	0.53	
541	nould	P 16	70.5	14.1	7.8	0.73	
542	iding, baked	P 16	77.7	36.5	12.2	0.84	
543	g. baked	P 16	75.9	9.9	0.0	0.75	
544	g. boiled	P 16	74.7	13.4	0.0	0.54	
545	owder, boiled	P 16	74.7	12.8	4.7	0.88	
546	rt	P 16	52.9	8.0	20.1	0.53	
547	..	P 16	60.2	Tr.	24.0	0.45	
548	tart	P 17	74.3	14.9	16.8	0.64	
549	tart with potato pastry	P 17	63.6	2.0	21.8	1.52	
550	tte	P 17	47.5	27.0	0.0	0.77	
551	xed	P 17	20.4	21.0	34.4		

## Puddings—continued

No.	Food.	g. per 100 g.		Calories per 100 g.	mg. per 100 g.										Acid-base balance, cc per 100 g.		
		Protein	Fat		N	K.	Ca.	Mg.	Fe.	Cm.	P.	S.	Cl.	N	To	N	Alkali.
529	..	1.3	16.0	262	(74)	99	7.2	5.4	0.43	0.10	22.4	12.6	(109)	13	3	13	..
530	..	2.2	9.3	262	(39)	109	6.6	6.9	0.41	0.09	32.8	25.8	(69)	5	3	5	..
531	..	2.6	12.7	250	(48)	76	6.3	6.9	0.36	0.06	30.8	30.2	20	3	3	3	..
532	..	2.1	8.7	214	(71)	92	5.9	6.3	0.36	0.06	29.2	23.7	(115)	44	3	44	..
533	..	2.5	2.6	103	31	227	83.9	23.7	0.24	0.09	75.1	24.2	93	23	—	23	..
534	..	3.2	3.7	118	45	154	117.0	13.4	0.17	0.04	94.5	28.3	97	—	—	—	..
535	..	6.2	11.2	280	(211)	202	(60)	24.8	1.58	0.18	(133)	—	(233)	—	—	—	..
536	..	5.5	8.0	162	(113)	197	118.0	17.3	0.64	0.08	124.0	58.6	(190)	3	3	3	..
537	..	4.5	4.5	138	(107)	196	86.9	16.1	0.64	0.05	101.1	34.8	(161)	23	—	23	..
538	..	6.4	24.5	470	(172)	91	25.9	12.5	0.95	0.05	93.7	80.6	(142)	—	—	—	..
539	..	6.1	23.7	457	(166)	84	22.1	11.7	0.91	0.04	87.9	78.0	(135)	29	—	29	..
540	..	5.2	20.6	388	(144)	73	19.1	10.2	0.79	0.04	76.5	67.8	(118)	26	—	26	..
541	..	3.3	3.8	131	58	158	112.0	15.8	0.35	0.06	93.3	29.0	98	—	—	—	..
542	..	4.3	24.0	423	(269)	232	33.1	15.3	1.19	0.13	74.7	53.0	(182)	26	—	26	..
543	..	5.2	5.9	113	65	175	127.0	15.2	0.51	0.05	130.0	58.3	123	5	5	5	..
544	..	4.7	5.3	119	58	156	113.0	13.7	0.46	0.04	116.0	52.0	110	—	—	—	..
545	..	3.4	3.9	116	46	160	122.0	13.9	0.15	0.04	98.0	29.6	100	—	—	—	..
546	..	5.4	14.4	262	(129)	193	72.7	14.7	0.56	0.04	96.9	60.1	(212)	24	—	24	..
547	..	3.0	11.1	240	206	(488)	45	6.2	0.32	0.03	31.3	36.8	(626)	21	—	21	..
548	..	2.6	9.4	217	(76)	136	18.6	8.7	0.39	0.08	39.5	32.0	(124)	4	—	4	..
549	..	3.8	6.6	166	(173)	202	(38)	17.0	0.87	0.11	66.4	—	(280)	—	—	—	..
550	..	9.5	14.6	270	(121)	139	48.9	11.7	1.91	0.07	176.0	137.5	(145)	118	—	118	..
551	..	4.4	19.0	402	(151)	96	14.3	12.8	0.84	0.10	51.6	50.7	(137)	—	—	—	..

## CHEMICAL COMPOSITION OF FOODS

## Puddings—continued

No.	Food.	Description.	g. per 100 g.			
			Water.	Sugar (as invert sugar).	Starch and dextrins (as glucose).	Total nitrogen.
552	..	p 17	78.6	19.1	0.0	0.34
553	..	p 17	75.7	20.9	0.0	0.59
554	..	p 17	43.4	20.5	16.9	0.82
555	(weighed with stones)	p 17	72.5	16.0	16.8	0.40
556	puddings	p 17	59.1	17.3	6.4	0.87
557	art	p 18	76.5	13.7	16.8	0.41
558	ing	p 18	64.5	11.5	9.9	0.72
559	ing, economical	p 18	73.2	8.8	10.2	0.78
560	ing	p 18	72.3	12.0	8.9	0.50
561	pudding	p 18	71.7	12.5	7.7	0.71
562	ing, plain	p 18	37.0	14.8	22.5	0.69
563	ing with raisins	p 18	34.5	22.1	19.4	0.61
564	ing with sultanas, economical.	p 18	40.8	18.6	20.2	0.69
565	nge pudding, economical	Recipe, p 18	27.7	31.3	22.5	0.88
566	pudding	p 19	71.7	12.2	9.2	0.51
567	art	p 19	21.0	34.6	28.0	0.62
568	..	p 19	63.8	21.5	6.6	0.61
569	pudding	p 19	56.4	3.5	23.5	1.15
570	pudding, economical	.. recipe, p 19	52.6	Tr.	28.1	1.02

## COMPOSITION PER 100 GRAMMES

105

## Puddings—continued

No	Food	g. per 100 g.		Calor- ies per 100 g	mg per 100 g										Acid-base balance, c.c. per 100 g.	
		Protein	fat		Na	K	Ca	Mg	Fe	Cu	P.	S.	Cl.	$\frac{N}{10}$ Acid.	$\frac{N}{10}$ Alkali.	
552	Jelly	1.9	0	79	8	7	9.6	1.4	0.53	0.06	2.2	11.2	9	<1		
553	Jelly, milk	3.5	1.9	110	33	87	69.1	8.4	0.55	0.07	49.4	25.5	58	14		
554	Pancakes	5.0	15.1	301	(88)	129	73.1	13.8	0.52	0.05	92.8	56.1	(151)	18		
555	Plum tart (weighed with stones)	2.3	9.4	219	(76)	119	10.6	8.7	0.36	0.06	29.0	26.1	(122)	7		
556	Queen of puddings	5.1	9.8	200	(123)	145	86.8	14.4	0.85	0.06	112.0	59.8	(187)	16		
557	Rhubarb tart	2.3	9.4	210	(76)	244	55.9	12.0	0.43	0.08	32.8	28.0	(165)	48		
558	Rice pudding	4.4	9.3	185	(62)	169	138.0	16.8	0.14	0.05	120.0	42.5	(133)	17		
559	Rice pudding, economical	4.8	2.6	115	(80)	169	149.0	14.5	0.13	0.17	135.0	—	(149)	—		
560	Sago pudding	3.1	3.7	125	48	152	119.0	13.5	0.18	0.04	91.2	27.6	94	28		
561	Semolina pudding	4.3	3.9	130	50	174	120.0	17.0	0.19	0.05	104.6	37.9	103	17		
562	Suet pudding, plain	3.9	18.1	324	(202)	95	44.6	12.3	0.41	0.04	59.7	40.0	(156)	38		
563	Suet pudding with raisins	3.5	15.6	315	(181)	205	46.0	16.4	0.59	0.07	55.5	37.5	(134)	71		
564	Suet pudding with suet-lana, economical	4.1	9.0	246	(71)	185	(111)	19.8	0.93	0.17	(176)	—	41	—		
565	Syrup sponge pudding, economical	5.2	14.3	356	(164)	126	(93)	18.7	1.33	0.14	(174)	—	(124)	—		
566	Tapoca pudding	3.2	3.8	128	49	156	116.0	13.8	0.98	0.04	95.2	28.4	88	24		
567	Trifle tart	3.5	13.5	374	(258)	160	19.4	11.7	1.03	0.07	46.3	62.9	(241)	36		
568	Trifle	3.7	3.9	157	(50)	152	99.2	13.5	0.44	0.05	95.8	39.5	(91)	10		
569	Yorkshire pudding	7.1	9.4	218	(412)	175	101.4	18.4	0.68	0.06	128.5	76.0	(562)	28		
570	Yorkshire pudding, economical	6.0	11.3	235	(554)	81	(154)	11.2	1.26	0.21	(206)	—	(705)	—		

\* See p 6.



## Meat and Fish Dishes

No.	Food.	Description.	g. per 100 g.		
			Water	Total nitrogen	Purine nitrogen.
571	k pudding	p 19	58.8	1.67	0.022
572	leat	p 19	79.3	1.82	0.033
573	eat	p 19	69.3	1.31	0.018
574	a	p 20	71.2	2.03	0.036
575	a, economical	recipe, p. 20.	73.0	1.70	0.029
576		p 20	66.2	1.48	0.022
577		p 20	72.1	1.61	0.025
578		p 20	76.0	0.63	0.011
578a	r (weighed with bones)	p 20	70.0	0.58	0.010
579		p 20	68.4	1.98	0.022
580	-roll, flaky pastry	p 20	23.0	1.16	—
581	-roll, short pastry	p 20	21.8	1.30	—
582	-roll, short pastry, economical	p 20	16.2	1.71	—
583	-roll, potato pastry	p 20	26.9	1.63	—
584	's pie	p 21	75.7	1.17	0.015
585	d kidney pie	p 21	48.8	2.52	0.049
586	'he-hole	p 21	52.5	1.23	—

## COMPOSITION PER 100 GRAMMES

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## Meat and Fish Dishes—continued

No	Food	g per 100 g.		Protein	Fat	Avail- able carbo- hydrate (as glucose)	Calor- ies per 100 g	mg. per 100 g.										Acid-base balance, cc per 100 g.	
		Na	K					Ca	Mg	Fe	Cu.	P	S	Cl.	$\frac{N}{10}$ Acid.	$\frac{N}{10}$ Alkali.			
571	Beef steak pudding	(787)	166	7.4	15.6	1.87	—	—	132	107	(1120)	67	—						
572	Beef stew	(718)	233	13.5	16.4	2.49	—	—	160	119	(1070)	88	—						
573	Curried meat	(294)	232	32.7	20.4	4.70	—	—	101	98	(436)	24	—						
574	Fish cakes	(419)	298	19.6	18.4	0.78	0.14	0.13	170	145	(649)	92	—						
575	Fish cakes, economical	(352)	343	26.2	22.0	0.93	0.56	0.08	154	—	(541)	—	—						
576	Fish pie	(513)	249	51.3	16.3	0.56	—	—	143	107	(783)	57	—						
577	Hot pot	(577)	464	21.9	25.2	2.33	—	—	149	117	(892)	19	—						
578	Irish stew	(356)	221	10.3	11.9	0.90	—	—	57	50	(559)	—	—						
578a	Irish stew (weighed with bones)	(329)	205	9.4	11.0	0.83	—	—	53	46	(517)	—	—						
579	Kedgeree	(1090)	161	21.0	23.8	1.03	—	—	169	158	(1610)	115	—						
580	Sausage roll, flaky pastry	(406)	111	13.4	13.5	1.30	0.07	—	80	71	(810)	46	—						
581	Sausage roll, short pastry	(450)	125	15.2	15.4	1.44	0.07	—	90	80	(667)	47	—						
582	Sausage roll, short pas- try, economical	(442)	190	(146)	43.8	2.27	0.31	—	(307)	—	(540)	—	—						
583	Sausage roll, potato pas- try	(585)	246	(62)	43.9	2.16	0.30	—	159	—	(870)	—	—						
584	Shepherd's pie	(370)	292	15.0	16.4	2.31	—	—	88	80	(583)	14	—						
585	Steak and kidney pie	(794)	243	10.1	20.9	5.57	—	—	213	157	(1192)	140	—						
586	Toad-in-the-hole	(699)	163	66.9	16.0	1.38	0.07	—	125	80	(1050)	33	—						

# Egg and Cheese Dishes

No.	Food.	Description.	g. per 100 g.			
			Water.	Sugar (as mono- saccharides)	Starch and dextrins (as glucose)	Total nitrogen.
587	Buck rarebit ..	Recipe, p. 21 ..	36.7	0.3	15.9	2.32
588	Cheese omelette ..	Recipe, p. 21 ..	48.4	0.0	0.0	2.84
589	Cheese pudding, economical ..	M O F. recipe, p. 21 ..	71.8	2.8	7.3	1.44
590	Cheese straws ..	Recipe, p. 21 ..	11.2	Tr.	25.9	2.58
591	Macaroni cheese ..	Recipe, p. 21 ..	63.9	2.6	12.6	1.22
592	Macaroni cheese, economical ..	M O F. recipe, p. 22 ..	74.7	2.3	10.4	0.94
593	Omelette ..	Recipe, p. 22 ..	60.3	0.0	0.0	1.20
594	Scotch egg ..	Recipe, p. 22 ..	53.1	Tr.	10.3	1.78
595	Scrambled eggs ..	Recipe, p. 22 ..	62.2	0.6	0.0	1.62
596	Scrambled eggs with dried eggs ..	M O F. recipe, p. 22 ..	59.4	0.0	0.0	2.07
597	Welsh rarebit ..	Recipe, p. 22 ..	26.9	0.4	20.3	2.43

Egg and Cheese Dishes—continued

No	Food	g per 100 g			Calor- ies per 100 g	mg. per 100 g.										Acid-base balance, c.c. per 100 g	
		Protein	Fat	Avail- able carbo- hydrate (as mono- saccha- rides)		Na	K	Ca	Mg.	Fe.	Cu.	P.	S.	Cl.	N	Alkali.	
																	$\frac{N}{10}$
587	Duck rarebit ..	14.5	30.5	16.2	404	(431)	123	333.0	28.4	1.09	0.05	294	144	(888)	57		
588	Cheese omelette ..	17.8	30.9	Tr	361	(1420)	149	316.0	25.8	2.20	0.06	356	214	(2180)	140		
589	Cheese pudding, eco- nomical	8.9	7.4	10.1	143	(491)	139	195.0	21.3	0.87	0.13	194	—	(766)	—		
590	Cheese straw ..	16.4	47.5	25.7	606	(824)	113	408.0	31.2	0.93	0.06	328	158	(1320)	70		
591	Macaroni cheese..	7.6	12.8	15.2	207	(670)	137	199.0	25.5	0.35	0.04	162	70	(1060)	—	1	
592	Macaroni cheese, eco- nomical	5.7	5.9	12.7	126	(260)	79	147.0	16.4	0.31	0.11	125	—	(444)	—		
593	Omelette ..	7.6	30.3	0.0	314	(1010)	90	39.0	8.4	1.63	0.04	143	111	(1520)	102		
594	Scotch egg ..	11.1	19.3	10.3	263	(540)	165	35.6	13.9	2.72	0.09	166	126	(741)	89		
595	Scrambled eggs ..	10.1	25.2	0.6	279	(1260)	132	61.6	12.0	2.08	0.05	191	144	(1910)	125		
596	Scrambled eggs dried eggs	12.9	25.9	0.0	294	(1510)	145	57.2	12.6	2.35	0.06	242	189	(2400)	215		
597	Welsh rarebit ..	15.2	35.5	20.7	470	(513)	118	409.0	32.6	0.69	0.06	302	135	(832)	28		

## Sauces and Soups

No.	Food	Description	g. per 100 g.			
			Water.	Sugar (as mono- saccharides).	Starch and dextrins (as glucose).	Total nitrogen.
598	Bread sauce	Recipe, p. 22	76.0	4.0	8.9	0.65
599	Done and vegetable broth*	Mean of 6 samples, analysed as served in hospital.	90.3	1.0	0.1	0.59
600	Done and vegetable broth (Belgian)*	Mean of 2 samples, analysed as purchased		0.3	Tr	0.71
601	Cheese sauce	Recipe, p. 22	70.3	4.0	5.0	1.05
602	Egg sauce	Recipe, p. 23	75.4	3.8	4.8	0.79
603	Onion sauce	Recipe, p. 23	84.4	3.9	3.2	0.39
604	Potato soup	Recipe, p. 23	81.4	2.5	8.6	0.34
605	Soup	Mean of 7 samples, analysed as served in hospital.	89.9	1.5	2.8	0.32
606	White sauce, savoury	Recipe, p. 23	75.7	4.4	5.6	0.61
607	White sauce, sweet	Recipe, p. 23	69.3	13.1	5.1	0.56

\* See McCance, Sheldon and Widdowson (1934).

## Vegetable Dishes

No.	Food	Description	g. per 100 g.			
			Water.	Sugar (as mono- saccharides).	Starch and dextrins (as glucose).	Total nitrogen.
608	Potato cakes	M.O.F. recipe, p. 22	61.7	0.4	14.8	0.61
609	Vegetable pie with potato pastry	Recipe, p. 23	70.4	1.9	19.7	0.44

No.	Food.	g. per 100 g.			mg. per 100 g.										Acid-base balance, c c. per 100 g.	
		Protein	Fat	Available carbo- hydrate (as mono- saccha- rides)	Calor- ies per 100 g.	Na.	K	Ca	Mg	Fe	Cu	P.	S	Cl	N 10	N Alkali 10
598	Bread sauce ..	4.0	5.1	12.9	113	(325)	153	104.0	15.5	0.22	0.04	92.0	33.9	(515)	—	20
599	Bone and vegetable broth	3.7	4.6	1.1	62	(74)	61	16.9	3.2	0.28	0.04	9.9	—	(75)	—	—
600	Bone and vegetable broth (Buckpeas)	4.4	—	0.3	—	46	42	10.2	3.9	0.28	0.03	7.0	—	57	—	—
601	Cheese sauce ..	6.6	13.0	9.0	182	(546)	160	203.0	19.2	0.21	0.04	150.0	60.5	(873)	5	15
602	Egg sauce ..	4.9	10.1	8.6	146	(467)	158	105.0	14.5	0.49	0.04	113.0	54.9	(732)	—	—
603	Onion sauce ..	2.4	5.6	7.1	88	(307)	128	76.4	10.8	0.20	0.06	63.1	27.7	(482)	—	20
604	Potato soup ..	2.1	4.4	11.1	91	(328)	95	46.0	15.8	0.39	0.08	52.0	29.4	(542)	1	—
605	Soup, mixed ..	2.0	1.3	4.3	36	(218)	134	33.8	7.2	1.39	0.01	40.0	—	(390)	—	—
606	White sauce, savoury ..	3.7	9.7	10.0	143	(523)	161	113.0	14.8	0.15	0.04	96.2	35.6	(828)	—	20
607	White sauce, sweet ..	3.4	8.9	18.2	165	65	148	104.0	13.6	0.14	0.04	89.2	32.7	120	—	18

## Vegetable Dishes—continued

No	Food.	g per 100 g		Calor- ies per 100 g	mg per 100 g										Acid-base balance, cc per 100 g.	
		Protein	Fat		Avail- able carbo- hydrate (as mono- saccha- rides)	Na	K	Ca	Mg	Fe	Cu	P.	S	Cl	$\frac{N}{10}$ Acid	$\frac{N}{10}$ Alkali
608	Potato cakes ..	3.6	0.4	35.2	151	(621)	367	24.3	27.1	0.97	0.18	63.0	—	(996)	—	—
609	Vegetable pie potato pastry	2.8	3.5	21.6	125	(425)	350	34.4	22.0	0.82	0.14	50.0	—	(674)	—	—



COMPOSITION  
OF  
FOODS  
PER OUNCE



## Cereals and Cereal Foods

N <sup>o</sup>	Food	g. per oz.		Protein (N x 5.7)	Calor- ies per oz.	mg. per oz.										Acid-base balance, c.c. per oz.	
		Avail- able carbo- hydrate (as mono- saccha- rides)	Fat.			Na	K	Ca	Mg	Fe.	Cu.	P.	S.	Cl.	$\frac{N}{10}$	Acid.	$\frac{N}{10}$ Alkali.
1	All-Bran, Kellogg's	16.5	1.3	3.6	88	271	23.4	119.3	3.06	0.13	231.5	51.6	(574)	12			
2	Arrowroot	26.7	Tr	0.1	101	5	2.0	2.2	0.55	0.06	7.8	0.5	2.0	1			
3	Barley, pearl, raw	23.7	0.5	2.2	102	35	2.8	5.7	0.19	0.03	58.3	30.5	29.7	50			
4	Barley, pearl, boiled	7.8	0.2	0.7	34	11	1.0	1.9	0.06	0.01	19.9	10.4	10.1	17			
5	Biscuits, cream crackers	16.3	9.4	0.2	158	36	5.1	5.4	0.27	0.04	23.2	22.1	(200)	15			
6	Biscuits, digestive (1935)	18.7	5.8	2.4	137	44	12.4	9.1	0.45	0.07	38.0	20.5	(123)				
7	Biscuits, digestive (1944)	18.9	6.4	2.7	139	51	10.1	11.4	0.57	0.09	42.0	—	(107)				
8	Biscuits, plain mixed (1936)	21.4	3.8	2.1	123	48	12.9	4.1	0.35	0.02	11.6	23.7	(74)				
9	Biscuits, plain mixed (1944)	21.2	4.4	2.0	128	53	15.2	11.7	0.51	0.08	52.0	—	(95)				
10	Biscuits, rusks	23.2	2.4	1.7	116	40	24.6	7.7	0.76	0.06	22.8	30.5	(49)				
11	Biscuits, sweet, mixed	18.9	8.7	1.6	158	39	7.7	4.0	0.24	0.03	18.8	9.1	(105)	4			
12	Biscuits, water	20.7	3.5	3.0	126	134	40	6.3	0.27	0.04	24.6	28.4	(192)	11			
13	Bread, currant (1936)	14.7	1.0	1.8	71	47	10.7	7.0	0.67	0.03	34.4	16.9	(81)	6			
14	Bread, Hovis (1936)	13.3	1.1	3.0	71	129	69	7.8	0.84	0.03	73.0	22.0	(182)	16			
15	Bread, malt (1936)	14.0	0.9	2.4	71	78	108	15.0	0.91	0.02	71.9	32.6	(149)	21			
16	Bread, brown (90%)	15.2	0.4	2.4	70	112	42	4.9	0.57	0.09	45.5	—	(172)				
17	Bread, National wheat-meal (85%)	15.8	0.3	2.4	72	112	33	4.3	0.52	0.07	36.1	—	(172)				
18	Bread (80%)	16.3	0.3	2.4	74	112	27	3.8	0.45	0.06	27.8	—	(172)				
19	Bread, white (70%)	16.9	0.2	2.3	75	112	20	3.2	0.41	0.04	19.6	—	(172)				
20	Bread, white, toasted	20.0	0.3	2.7	89	133	24	3.8	0.48	0.05	23.3	—	(204)				
21	Bread, white, fried	14.9	10.6	2.0	163	111	2.9	4.1	0.36	0.04	17.3	—	(152)				
22	Cornflakes, Kellogg's	25.2	0.2	1.9	104	298	22	2.1	0.80	0.03	16.5	26.2	(432)	6			
23	Cornflour	26.2	0.2	0.1	100	14.7	4.4	2.0	0.41	0.04	11.1	0.3	20.2				
24	Custard powder	Take as			Cornflour												
25	Flour, English (100%)	20.8	0.6	2.5	95	103	10.1	30.1	0.87	0.18	41.6	—	10.1				
26	Flour, English (85%)	22.5	0.4	2.4	98	51	7.0	10.0	0.63	0.10	43.5	—	12.0				
27	Flour, English (80%)	22.9	0.4	2.3	99	43	6.1	6.8	0.47	0.08	33.5	—	12.6				
28	Flour, English (75%)	23.2	0.3	2.3	99	41	5.5	4.8	0.38	0.06	26.4	—	12.7				



## Dairy Products

Food	g per oz		Calor- ies per oz	mg. per oz										Acid-base balance, c.c. per oz.	
	Protein (N x 6.25)	Fat		Aval- able carbo- hydrate (as mono- saccha- rides)	Na	K	Ca	Mg.	Fe.	Cu.	P.	S.	Cl.	N 10	N 10 Alkali.
cod	0.1	24.2	Tr	226	(63)	4	4.2	0.7	0.05	0.01	6.8	2.6	(94)	1	
haddock	7.1	9.8	Tr	120	(174)	33	230.0	13.3	0.16	0.01	155.0	65.2	(300)	15	
anchovy	0.9	24.5	Tr	232	(31)	13	8.4	1.5	0.04	0.01	12.5	18.2	(43)	10	
anchovy	8.0	4.8	Tr.	77	(355)	27	256.0	14.9	0.22	0.01	136.0	59.1	(582)	1	
anchovy	7.1	8.8	Tr.	112	(347)	49	153.0	10.7	0.14	0.04	106.0	50.2	(511)	1	
anchovy	10.4	9.5	Tr	131	(154)	36	206.0	12.8	0.07	0.08	198.0	58.5	(235)		
anchovy	6.4	8.5	Tr	106	(260)	34	305.0	13.5	0.16	0.01	136.0	91.0	(308)	10	
anchovy	9.8	8.4	Tr.	118	(215)	44	346.0	14.1	0.11	0.10	220.0	71.0	(315)	14	
anchovy	6.6	8.7	Tr.	103	(161)	19	137.0	6.6	0.20	0.01	106.0	52.9	(258)	25	
anchovy	7.1	11.4	Tr	135	(326)	46	102.0	7.7	0.13	0.01	86.2	64.5	(488)	22	
anchovy	0.5	11.9	0.7	115	9.0	26	18.8	1.3	0.07	0.04	7.1	9.4	15.3	5	
anchovy	2.6	Tr	0.0	11	54.7	42	1.5	3.0	0.03	0.01	9.2	51.9	48.4		
anchovy	4.6	8.7	0.0	99	14.2	35	37.4	4.2	1.74	0.01	141.0	46.7	40.4	14	
anchovy	3.4	3.5	0.0	46	38.4	39	15.9	3.5	0.72	0.01	62.0	49.1	45.2	84	
anchovy	12.3	12.3	0.0	165	147.0	137	54.0	11.7	2.23	0.05	227.0	173.0	168.5	46	
anchovy	4.0	5.5	0.0	68	62.4	52	18.2	3.9	0.72	0.01	72.7	56.4	56.5	47	
anchovy	3.5	3.3	0.0	45	31.5	34	14.7	3.2	0.65	0.01	67.8	51.3	44.0	30	
anchovy	0.9	1.1	*1.4	19	14.2	46	31.1	4.0	0.02	0.01	27.0	8.3	27.8	8	
anchovy	1.0	0.1	*1.4	10	14.8	47	35.2	4.1	0.02	0.01	27.8	8.5	28.9	24	
anchovy	2.3	3.4	15.9	100	40.7	116	97.5	10.2	0.05	0.02	68.0	23.5	31.0	24	
anchovy	2.2	2.4	*3.5	44	45.8	143	82.5	9.9	0.05	0.03	72.0	21.3	79.0	24	
anchovy	2.8	0.1	17.0	76	51.0	142	109.0	10.7	0.08	0.01	76.8	26.8	88.0	31	
anchovy	9.7	0.1	*14.0	93	170.0	378	359.0	31.5	0.15	0.40	299.0	85.0	321.0	41	
anchovy	7.5	8.4	*11.0	150	113.0	363	272.0	31.8	0.18	0.05	215.0	66.1	222.0	61	

86 Milk, dried, whole

\* Most of this copper was probably derived from the manufacturing machinery. See p. 6.

\* See p. 6.

## COMPOSITION PER OUNCE

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## Meat, Poultry and Game

No	Food.	g. per oz		Carbo- hydrate (as glucose).	Calor- ies per oz	mg. per oz										Acid-base balance, g. per oz	
		Protein	Fat			Na.	K.	Ca.	Mg.	Fe	Cu.	P.	S.	Cl.	N To	N Atkali. To	
87	Bacon, Raw—	4.0	10.6	0.0	115	(349)	71	3.8	4.1	0.37	0.05	35	46	(530)	21		
88	Danish Wilts, average	4.2	9.0	0.0	101	(395)	75	4.1	4.4	0.30	0.03	39	49	(588)	30		
89	Danish Wilts, fore end	3.7	12.7	0.0	133	(329)	64	3.8	3.9	0.37	0.05	34	51	(501)	14		
90	Danish Wilts, middle ..	4.3	8.0	0.0	92	(342)	81	3.6	4.2	0.48	0.05	32	51	(513)	28		
91	Danish Wilts, gammon	3.6	14.0	0.0	144	(277)	76	3.8	3.5	0.25	0.08	27	41	(428)	19		
92	English Wilts	3.0	17.4	0.0	174	(236)	80	2.0	3.0	0.23	0.16	26	34	(470)	16		
93	English Mutton	7.0	15.2	0.0	169	(793)	147	3.3	7.3	0.80	—	65	85	(1190)	37		
94	Bacon, back, fried	7.8	9.9	0.0	124	(866)	140	6.6	7.3	1.11	—	67	94	(1360)	64		
95	Bacon, collar, fried	8.9	9.6	0.0	126	(662)	181	7.1	9.3	0.80	—	86	109	(1200)	116		
96	Bacon, gammon, fried	6.8	13.1	0.0	149	(880)	131	14.9	7.1	0.91	—	68	85	(1350)	48		
97	Bacon, streaky, fried	6.3	4.3	0.0	66	(392)	33	3.6	8.2	2.78	—	34	60	(590)	39		
98	Beef, corned ..	5.8	2.1	0.0	43	21.0	100	2.3	7.1	1.05	0.05	57	61	21.0	39		
99	Beef, frozen, raw	7.9	5.7	0.0	86	(117)	82	6.6	5.7	1.05	0.05	69	83	(660)	71		
100	Beef, silverside, boiled ..	7.6	3.5	0.0	64	19.9	101	1.8	7.1	1.50	0.05	81	80	21.0	66		
101	Beef, sirloin, roast, lean only	6.0	9.1	0.0	109	17.6	82	1.6	5.7	1.31	0.05	67	64	18.2	54		
102	Beef, sirloin, roast, lean and fat	5.5	3.0	0.0	50	19.6	95	1.5	6.9	1.22	—	78	57	19.9	52		
103	Beef steak, raw	5.8	5.8	0.0	78	22.7	106	1.5	7.1	1.70	—	73	62	23.6	49		
104	Beef steak, fried	7.2	6.1	0.0	86	19.0	105	2.6	7.2	1.48	—	86	76	18.2	66		
105	Beef steak, grilled	8.7	2.4	0.0	58	10.8	43	0.9	6.0	1.45	—	65	93	11.0	82		
106	Beef steak, stewed	9.5	2.3	0.0	61	13.1	63	1.0	7.4	2.36	—	70	98	13.9	82		
107	Beef, topside, boiled ..	7.6	4.3	0.0	71	21.6	105	1.8	8.0	1.34	0.07	81	79	17.6	63		
108	Beef, topside, roast, lean only	6.9	6.8	0.0	91	20.4	96	1.7	7.2	1.25	0.07	75	72	16.8	58		
109	Beef, topside, roast, lean and fat	3.4	1.6	0.0	29	41.8	77	4.6	3.8	0.57	—	101	33	47.4	59		
110	Brain, calf, boiled	3.3	1.9	0.0	31	48.3	76	3.1	5.1	0.63	—	96	37	40.9	58		
111	Brain, sheep, boiled	7.4	2.9	0.0	58	27.8	108	3.0	7.5	0.60	—	77	83	17.6	59		
111a	Chicken, boiled	4.8	1.9	0.0	38	18.1	70	2.0	4.9	0.39	—	50	54	11.4	33		
111a	Chicken, boiled (weighed with bone)	8.4	2.1	0.0	54	22.7	101	4.1	6.5	0.74	—	77	92	28.4	72		
112	Chicken, roast ..	4.5	1.1	0.0	29	12.2	55	2.2	3.5	0.40	—	42	50	13.4	39		
112a	Chicken, roast (weighed with bone)	Tr	28.1	0.0	262	1.4	1	0.2	Tr.	0.06	—	4	3	0.6	11		
113	Dripping, beef ..																



## Fish

Fish																	
No.	Food	g. per oz			Calor-ies per oz	mg. per 100										Acid-base balance, cc per oz.	
		Protein	Fat	Carbo-hydrate (as glucose)		Na	K	Ca	Mg	Fe	Cu.	P.	S	Cl	N	10	Th. 10kali.
167	Veal, fillet, raw ..	5.7	0.8	0.0	31	30.4	101	2.2	7.1	0.05	—	73	63	19.7	46		
168	Veal, frozen, raw ..	5.3	1.0	0.0	31	27.0	105	2.9	7.1	0.51	—	57	59	27.8	35		
169	Veal cutlet, fried ..	8.6	2.3	1.3	61	30.1	120	2.8	9.3	0.74	—	81	97	32.6	67		
170	Veal, fillet, roast ..	8.7	3.3	0.0	66	27.5	122	4.1	7.9	1.22	—	101	94	32.1	81		
171	Veal, roast ..	9.5	1.8	0.0	56	24.4	103	8.2	9.5	2.22	—	81	91	25.3	68		
172	Bass, steamed ..	5.5	1.5	0.0	36	21.3	93	13.3	7.6	0.20	—	62	66	21.1	42		
172a	Bass, steamed (weighed with bones)	2.9	0.8	0.0	19	11.3	49	7.1	4.0	0.11	—	33	35	12.8	22		
173	Bloaters, grilled ..	6.4	4.9	0.0	73	(200)	126	35.0	12.7	0.62	—	101	88	(322)	211		
173a	Bloaters, grilled (weighed with bones and skin)	4.7	3.7	0.0	54	(148)	94	25.9	9.4	0.46	—	75	65	(238)	156		
174	Bream, Red, steamed ..	5.6	1.1	0.0	34	33.8	98	7.9	8.5	0.11	—	61	69	39.2	42		
174a	Bream, Red, steamed (weighed with bones)	2.9	0.6	0.0	17	17.6	51	4.1	4.4	0.06	—	32	36	20.4	22		
175	Bream, Sea, steamed ..	5.1	0.9	0.0	29	32.1	100	9.9	7.6	0.17	—	68	62	34.6	47		
175a	Bream, Sea, steamed (weighed with bones)	3.1	0.6	0.0	19	20.8	52	6.4	4.9	0.11	—	44	40	22.4	30		
176	Brill, steamed ..	5.8	1.0	0.0	33	26.7	75	4.3	8.8	0.20	0.04	65	61	35.5	50		
176a	Brill, steamed (weighed with bones and skin)	3.9	0.7	0.0	22	18.2	51	2.9	6.0	0.14	0.03	45	42	24.1	34		
177	Catfish, steamed ..	5.8	1.1	0.0	34	30.6	100	3.9	7.6	0.17	—	60	61	30.6	41		
177a	Catfish, steamed (weighed with bones)	4.9	0.9	0.0	28	26.0	76	3.3	6.4	0.14	—	51	52	26.0	35		
178	Catfish, fried ..	5.3	3.0	1.8	57	34.0	92	5.4	7.3	0.65	—	65	57	42.5	42		
178a	Catfish, fried (weighed with bones)	5.0	2.8	1.7	53	32.0	100	5.1	6.9	0.61	—	61	53	40.0	39		

## CHEMICAL COMPOSITION OF FOODS

## Fish—continued

No.	Food	g. per oz.			Calor-ies per oz	mg. per oz										Acid-base balance, c.c. per oz.	
		Protein	Fat.	Carbo-hydrate (as glucose).		Na.	K.	Ca	Mg.	Fe.	Cu.	P.	S.	Cl.	N $\frac{N}{10}$ Acid.	N $\frac{N}{10}$ Alkali.	
179	Cockles ..	3.1	0.1	Tr.	14	(1000)	12	36.1	14.5	7.39	—	58	91	(1480)	44		
180	Cod, steamed ..	5.1	0.3	0.0	23	28.4	102	4.2	5.9	0.14	0.03	69	60	34.0	46		
180a	Cod, steamed (weighed with bones and skin)	4.1	0.2	0.0	19	23.0	83	3.4	4.7	0.11	0.02	56	49	27.5	37		
181	Cod, fried ..	5.9	1.3	0.8	40	45.8	97	14.1	7.6	0.28	0.03	74	69	41.1	44		
181a	Cod, fried (weighed with bones)	5.4	1.2	0.7	36	41.5	88	12.8	6.9	0.25	0.03	68	63	37.4	40		
182	Cod, grilled ..	7.7	1.5	0.0	45	31.2	116	8.8	10.2	0.28	—	78	92	36.9	62		
182a	Cod, grilled (weighed with bones and skin)	6.5	1.3	0.0	39	26.6	100	7.5	8.7	0.24	—	66	78	31.5	53		
183	Cod roe, fried ..	5.8	3.4	0.9	59	36.0	73	4.8	3.0	0.45	—	143	100	53.2	110		
184	Cod roe, baked in vinegar	6.8	0.9	0.0	34	20.7	38	3.7	2.3	0.65	—	114	77	49.1	114		
185	Conger, steamed ..	6.5	0.5	0.0	31	28.1	99	8.5	8.1	0.14	—	63	76	23.3	48		
185a	Conger, steamed (weighed with bones and skin)	4.9	0.4	0.0	23	21.0	74	6.4	6.1	0.11	—	47	57	17.5	35		
186	Conger, fried ..	5.3	5.7	1.8	81	30.6	100	6.9	8.3	0.28	—	70	63	44.3	48		
186a	Conger, fried (weighed with bones)	4.7	5.0	1.6	72	27.0	83	6.1	7.3	0.25	—	62	55	38.8	42		
187	Crab, boiled ..	5.4	1.5	0.0	36	104.0	77	8.3	13.6	0.37	—	99	132	102.0	112		
187a	Crab, boiled (weighed with shell)	1.1	0.3	0.0	7	20.7	15	1.7	2.7	0.07	—	20	26	32.4	22		
188	Dabs, fried ..	5.5	4.1	2.8	71	36.0	80	36.9	8.3	0.28	0.02	71	74	69.5	50		
188a	Dabs, fried (weighed with bones)	4.4	3.2	2.2	56	28.8	64	29.5	6.7	0.23	0.02	57	59	55.6	40		
189	Dogfish, fried ..	5.1	7.1	1.7	94	46.2	70	3.6	5.7	0.37	—	76	60	57.5	58		
189a	Dogfish, fried (weighed with bone)	4.6	6.5	1.6	85	42.0	63	3.2	5.2	0.34	—	69	54	52.2	53		
190	Eels, evers, raw ..	3.6	0.5	0.0	20	19.0	85	146.5	8.8	1.14	Tr.	125	40	15.8	5		
191	Eels, silver, raw ..	4.1	7.9	0.0	90	21.8	61	3.6	4.1	0.23	0.01	55	46	19.7	39		
191a	Eels, silver, raw (weighed with bones and skin)	2.7	5.2	0.0	60	14.5	40	2.4	2.7	0.14	0.01	36	30	13.0	28		





## CHEMICAL COMPOSITION OF FOODS

## Fish—continued

No.	Food.	g. per oz.			Calor- ies (per oz.)	mg. per oz.										Acid-base balance, c.c. per oz.	
		Protein	Fat	Carbo- hydrate (as glucose)		Na.	K.	Ca.	Mg.	Fe	Cu.	P.	S.	Cl.	N 10	Acid. 10	N Alkali. 10
206	Halibut, steamed	6.4	1.1	0.0	37	31.5	97	3.7	6.6	0.17	0.02	72	72	22.7	53		
206a	Halibut, steamed (weighed with bones and skin)	4.9	0.8	0.0	28	23.8	74	2.8	5.0	0.13	0.01	55	54	17.3	40		
207	Herring, raw	4.7	5.1	0.0	67	36.9	90	28.7	9.0	0.43	—	77	54	34.6	33		
208	Herring, fried in oatmeal	6.2	4.3	0.4	67	28.7	118	11.0	9.9	0.54	—	88	74	35.5	62		
208a	Herring, fried in oatmeal (weighed with bones)	5.4	3.8	0.4	59	25.2	104	9.7	8.7	0.48	—	85	65	31.2	55		
209	Herring, baked in vinegar	4.8	3.7	0.0	54	17.6	85	16.6	6.2	0.45	—	93	58	33.7	68		
209a	Herring, baked in vinegar (weighed with bones)	4.4	3.4	0.0	50	16.2	61	15.2	5.7	0.42	—	85	53	31.0	62		
210	Goat, fried	6.6	4.5	1.3	74	24.6	68	4.5	7.3	0.43	—	260	69	34.9	188		
211	Dory, steamed	5.6	0.4	0.0	27	39.5	111	6.5	8.2	0.17	—	71	67	40.5	51		
211a	Dory, steamed (weighed with bones and skin)	3.5	0.2	0.0	17	24.4	50	4.0	5.1	0.11	—	44	41	25.2	32		
212	Salmon, baked	6.6	3.2	0.0	57	(231)	138	18.4	13.5	0.40	—	121	80	(433)			
212a	Salmon, baked (weighed with bones and skin)	3.6	1.7	0.0	31	(152)	80	9.9	7.3	0.22	—	65	43	(234)			
213	Salmon, steamed	5.6	0.3	0.0	26	32.6	79	6.3	5.7	0.17	0.03	70	69	33.2	34		
213a	Salmon, steamed (weighed with bones and skin)	4.0	0.2	0.0	18	23.2	50	4.5	4.0	0.12	0.03	50	49	23.5	24		
214	Salmon, fried	4.4	3.7	2.6	62	38.6	71	26.9	5.1	0.31	0.05	63	54	35.2	35		
214a	Salmon, fried (weighed with bones)	3.5	2.9	2.1	49	30.5	56	21.3	4.0	0.25	0.04	54	42	27.8	28		
215	Salmon, steamed	6.4	0.2	0.0	28	34.0	105	5.0	10.4	0.14	—	63	76	28.1	42		
215a	Salmon, steamed (weighed with bones and skin)	4.8	0.2	0.0	21	25.5	79	3.8	7.9	0.11	—	47	57	21.0	32		
216	Salmon, fried	4.8	3.5	1.8	59	41.1	88	11.3	9.1	0.23	—	65	58	44.5	36		
216a	Salmon, fried (weighed with bones)	4.3	3.1	1.6	52	36.6	79	10.0	8.1	0.20	—	58	51	39.6	32		

217	Lobster, boiled	6.0	1.0	0.0	34	92.3	73	17.5	9.7	0.23	—	81	146	149.0	109
217a	Lobster, boiled (weighed with shell)	2.2	0.3	0.0	12	33.2	26	6.3	3.5	0.09	—	29	53	53.6	39
218	Mackerel, fried	5.7	3.2	0.0	53	43.5	118	8.1	9.9	0.34	0.06	80	60	32.4	36
218a	Mackerel, fried (weighed with bones and skin)	4.2	2.3	0.0	39	31.8	86	5.9	7.2	0.25	0.04	53	44	23.6	26
219	Megrim, raw	4.9	0.3	0.0	22	34.4	76	17.5	8.3	0.34	—	53	58	34.6	30
220	Megrim, steamed	5.9	0.4	0.0	28	27.2	61	21.6	7.9	0.26	—	62	70	33.8	49
220a	Megrim, steamed (weighed with bones and skin)	3.9	0.3	0.0	18	18.2	41	14.4	5.3	0.17	—	41	47	22.7	33
221	Megrim, fried	5.5	3.3	2.7	64	50.1	71	17.8	8.8	0.17	—	62	67	52.0	40
221a	Megrim, fried (weighed with bones)	4.7	2.8	2.3	54	42.6	61	15.2	7.5	0.14	—	53	57	44.3	34
222	Monkfish, steamed	6.2	0.3	0.0	98	38.3	101	3.0	8.4	0.14	—	61	73	38.6	45
222a	Monkfish, steamed (weighed with bones)	5.0	0.2	0.0	23	31.0	82	2.4	6.8	0.11	—	49	59	31.2	38
223	Monkfish, fried	4.8	2.3	1.7	48	46.5	114	3.2	9.0	0.34	—	58	58	55.9	32
223a	Monkfish, fried (weighed with bones)	4.1	2.0	1.5	41	40.0	98	2.8	7.7	0.29	—	50	50	48.0	27
224	Mullet, grey, steamed	6.1	1.1	0.0	36	26.6	78	4.0	8.5	0.57	—	73	72	21.8	57
224a	Mullet, grey, steamed (weighed with bones and skin)	3.9	0.7	0.0	23	17.0	50	2.6	5.4	0.37	—	47	46	14.0	36
225	Mullet, red, steamed	6.1	1.2	0.0	36	33.5	103	8.3	9.3	0.26	—	80	73	28.6	53
225a	Mullet, red, steamed (weighed with bones)	4.0	0.8	0.0	24	22.1	68	5.5	6.2	0.17	—	53	49	19.0	35
226	Mussels, raw	3.3	0.5	Tr	19	82.0	90	25.0	6.5	1.65	—	67	104	131.0	69
227	Mussels, boiled	4.8	0.6	Tr	25	59.8	26	56.0	7.1	3.84	—	94	99	89.5	81
227a	Mussels, boiled (weighed with shells)	1.4	0.2	Tr	7	17.9	8	16.8	2.1	1.16	—	28	30	36.8	24
228	Oysters, raw	2.9	0.3	Tr	14	143.0	73	52.9	11.9	1.70	—	76	71	231.0	41
228a	Oysters, raw (weighed with shells)	0.3	Tr	Tr	2	17.2	9	6.3	1.4	0.20	—	9	9	27.8	5
229	Pilchards, tinned (fish only)	6.2	3.1	0.0	54	(169)	87	65.8	11.8	0.88	0.06	84	70	(257)	35
230	Pilchards, tinned (whole contents of tin)	5.4	4.4	0.0	63	(163)	82	54.0	10.8	0.74	0.05	77	60	(247)	28
231	Plaice, raw	4.3	0.5	0.0	22	27.2	100	4.7	6.2	0.23	—	65	61	23.6	40
232	Plaice, steamed	5.1	0.5	0.0	26	34.0	79	10.7	6.8	0.17	—	70	71	31.8	52
232a	Plaice, steamed (weighed with bones and skin)	2.8	0.3	0.0	14	18.4	43	5.8	3.7	0.09	—	38	38	17.2	28

## Fish—continued

No	Food	g per oz.			Calor-ies per oz.	mg. per oz.										Acid-base balance, c.c. per oz.	
		Protein	Fat	Carbo-hydrate (as glucose).		Na.	K	Ca.	Mg	Fe.	Cu.	P.	S.	Cl.	N	N	
																	Acid.
257	Turbot, steamed	5.9	0.5	0.0	28	25.6	72	3.8	6.8	0.14	—	53	70	40.3	52		
257a	Turbot, steamed (weighed with bones and skin)	3.9	0.3	0.0	19	16.9	48	2.5	4.5	0.09	—	35	46	26.6	34		
258	Whelks	5.1	0.5	Tr.	26	(75)	90	15.3	45.4	1.76	—	64	127	(168)	66		
258a	Whelks (weighed with shells)	0.8	0.1	Tr.	4	(11)	13	2.3	6.8	0.26	—	10	19	(25)	10.		
259	Whitebait, fried	5.2	13.5	1.5	152	63.9	32	244.0	14.3	1.45	—	243	77	92.3	61		
260	Whiting, steamed	5.7	0.3	0.0	26	36.1	85	11.9	8.0	0.28	—	54	87	26.4	46		
260a	Whiting, steamed (weighed with bones and skin)	3.8	0.2	0.0	17	24.5	58	8.1	5.4	0.19	—	36	59	17.9	32		
261	Whiting, fried	4.9	2.9	2.0	55	56.5	90	13.6	9.2	0.20	—	73	76	55.1	48		
261a	Whiting, fried (weighed with bones and skin)	4.4	2.6	1.8	49	50.9	81	12.2	8.3	0.18	—	66	68	49.7	43		
262	Winkles, boiled in salt water	4.3	0.4	Tr.	21	(325)	44	38.7	102.0	4.26	—	62	107	(511)		6	
262a	Winkles, boiled in salt water (weighed with shells)	0.8	0.1	Tr	4	(62)	8	7.3	19.3	0.81	—	12	20	(97)		1	
263	Winkles, boiled in fresh water	5.0	0.7	Tr	27	75.8	60	48.9	118.0	4.86	—	79	127	142.0	<1		
263a	Winkles, boiled in fresh water (weighed with shells)	0.7	0.1	Tr	4	11.4	9	7.0	17.6	0.73	—	12	19	21.3	<1		
264	Witch, steamed	5.4	0.3	0.0	25	38.6	86	8.6	6.8	0.26	—	100	72	34.9	48		
264a	Witch, steamed (weighed with bones and skin)	3.2	0.2	0.0	15	23.2	52	5.2	4.1	0.15	—	40	43	20.9	29		
265	Witch, fried	5.0	4.0	2.2	66	50.0	85	14.8	6.9	0.23	—	53	67	53.1	34		
265a	Witch, fried (weighed with bones and skin)	4.2	3.4	1.9	56	42.0	71	12.4	5.8	0.19	—	45	56	44.5	29		

## Fruit

No	Food.	g. per oz.			Calor- ies per oz.	mg. per oz.										Acid-base balance, cc. per oz.	
		Protein (N X 6.25).	Fat	Avail- able carbo- hydrate (as mono- saccha- rides).		Na	K.	Ca.	Mg.	P.	S.	Cl.	N	N To	Alkali.		
266	Apples, Empire eating .	0.1	Tr.	3.5	13	0.8	33	1.0	1.1	0.08	0.04	1.9	1.1	Tr.	9		
266	Apples, Empire eating (weighed with skin and core)	0.1	Tr.	2.6	10	0.6	25	0.8	1.1	0.06	0.03	1.4	0.8	Tr.	7		
267	Apples, English eating .	0.1	Tr.	3.3	13	0.6	34	1.0	1.2	0.08	0.02	2.4	2.2	0.6	7		
267	Apples, English eating (weighed with skin and core)	0.1	Tr.	2.6	10	0.5	27	0.8	1.0	0.07	0.02	1.9	1.7	0.5	6		
268	Apples, cooking, raw .	0.1	Tr.	2.7	10	0.6	35	1.0	0.8	0.08	0.03	4.6	0.8	1.3	7		
269	Apples, cooking, baked .	0.1	Tr.	2.8	11	0.6	36	1.0	0.9	0.09	0.03	4.8	0.9	1.4	7		
269	Apples, cooking, baked (weighed with skin)	0.1	Tr.	2.3	9	0.5	29	0.8	0.7	0.07	0.02	3.8	0.7	1.1	5		
270	Apples, cooking, stewed without sugar	Tr	Tr	1.2	5	0.3	16	0.5	0.4	0.04	0.01	2.1	0.4	0.6	3		
271	Apricots, fresh .	0.2	Tr	1.9	8	Tr	91	4.9	3.5	0.11	0.03	6.1	1.7	Tr.	24		
271	Apricots, fresh (weighed with stones)	0.2	Tr	1.7	7	Tr	84	4.5	3.2	0.10	0.03	5.6	1.6	Tr	22		
272	Apricots, dried, raw .	1.4	Tr	12.3	52	16.0	538	26.3	18.6	1.16	0.08	33.5	46.6	9.8	119		
273	Apricots, dried (stewed without sugar)	0.6	Tr	5.1	21	6.7	223	10.9	7.7	0.48	0.03	13.9	19.1	4.1	49		
274	Apricots, tinned in syrup	0.1	Tr	4.5	17	0.3	73	3.4	2.0	0.20	0.01	3.7	0.3	0.4	20		
275	Avocado pears	0.3	2.3	0.7	25	4.6	112	4.4	8.3	0.15	0.06	8.8	5.5	1.7	30		
276	Bananas .	0.3	Tr	5.5	22	0.3	99	1.9	11.9	0.12	0.05	8.0	3.7	22.3	23		
276	Bananas (weighed with skin)	0.2	Tr.	3.2	13	0.2	58	1.1	7.0	0.07	0.03	4.7	2.2	13.1	13		
277	Blackberries, raw	0.4	Tr	1.8	8	1.1	33	18.0	8.4	0.24	0.03	6.8	2.6	6.3	24		
278	Blackberries, stewed without sugar	0.2	Tr	0.9	4	0.5	30	9.1	4.2	0.12	0.02	3.4	1.3	3.2	12		

# CHEMICAL COMPOSITION OF FOODS

Fruit—continued

No.	Food	g. per oz.		Calor- ies per oz.	mg. per oz.										Acid-base balance, c c per oz.		No.
		Protein (N x 6.25)	Fat		Avail- able carbo- hydrate (as mono- saccha- rides)	Na	K.	Ca	Mg	Fe	Cu	P.	S.	Cl.	N 10	N Alkali, 10	
279	Cherries, eating (weighed with stones)	0.2	Tr.	3.4	13	0.8	78	4.5	2.7	0.11	0.02	4.8	1.9	Tr.	21	18	21
279a	Cherries, eating (weighed with stones)	0.1	Tr.	3.0	11	0.7	68	3.9	2.4	0.09	0.02	4.2	1.7	Tr.	23	19	23
280	Cherries, cooking, raw	0.2	Tr.	3.3	13	1.2	87	5.7	3.3	0.09	0.03	5.9	2.2	Tr.	8		8
280a	Cherries (weighed with stones)	0.1	Tr.	2.8	11	1.0	73	4.8	2.8	0.07	0.02	5.0	1.9	Tr.			
281	Cherries, stewed without sugar	0.1	Tr.	1.2	5	0.4	31	2.0	1.2	0.03	0.01	2.1	0.8	Tr.	9	25	9
281	Cherries, (weighed with stones)	0.1	Tr.	1.0	4	0.5	34	4.2	2.4	0.32	0.04	3.2	3.2	Tr.	17	17	17
282	Cranberries	0.3	Tr.	1.9	8	0.8	106	17.2	4.9	0.36	0.04	12.3	9.4	2.9	4.2	2.9	25
283	Currents, black, raw	0.2	Tr.	1.3	6	0.5	74	12.0	3.4	0.25	0.03	8.6	6.6				17
284	Currents, black, stewed without sugar	0.2	Tr.	1.2	5	0.5	57	7.4	2.6	0.35	0.02	8.4	5.9		4.0	2.9	12
285	Currents, red, raw	0.3	Tr.	0.9	1.2	0.9	83	6.4	3.6	0.26	0.04	8.0	6.7	3.0	3.0	3.0	17
286	Currents, red, stewed without sugar	0.4	Tr.	1.6	18	0.4	201	27.1	10.3	0.52	0.14	11.4	8.8	4.5	4.5	4.5	34
287	Currents, white	0.5	Tr.	5.1	18	0.4	164	3.4	6.8	0.15	0.04	14.5	7.8	11.4	11.4	11.4	34
287	Currents, dried	0.6	Tr.	2.7	2.7	0.6	82	6.7	3.1	0.12	0.02	4.7	1.8	Tr.	Tr.	Tr.	21
288	Currents, apple	0.1	Tr.	2.4	9	0.6	74	6.0	6.0	0.11	0.02	4.2	1.6	Tr.	Tr.	Tr.	16
289	Custard apple	0.1	Tr.	1.8	7	0.4	56	4.6	2.2	0.08	0.02	3.2	1.2	Tr.	Tr.	Tr.	36
290	Damsons, raw (weighed with stones)	0.1	Tr.	1.8	7	0.4	56	4.6	2.2	0.08	0.02	3.2	1.2	Tr.	Tr.	Tr.	36
290a	Damsons, stewed without sugar	0.1	Tr.	18.1	18.1							0.06	18.1	14.5	82.4	82.4	30
291	Damsons, (weighed with stones)	0.6	Tr.	Tr.	15.6							0.05	15.6	12.4	71.0	71.0	
292	Dates	0.5	Tr.	Tr.	15.6							0.05	15.6	12.4	71.0	71.0	

COMPOSITION PER OUNCE

293	Eggs, green	..	..	..	..	..	..	..	..	..	..	..	..	..	..	..	..	..	..	..	..	..	..	..	..
294	Eggs, dried, raw	..	..	..	..	..	..	..	..	..	..	..	..	..	..	..	..	..	..	..	..	..	..	..	..
295	Eggs, dried, stewed with- out sugar	0.4	1.0	0.6	0.1	0.3	0.2	0.2	0.1	0.2	0.2	0.2	0.1	0.2	0.2	0.1	0.2	0.1	0.3	0.2	0.1	0.3	0.2	0.1	0.1
296	Fruit salad, tinned in syrup	2.7	15.0	8.5	5.3	1.0	0.5	2.6	4.4	3.7	4.6	4.4	1.5	0.7	3.4	3.2	2.2	0.9	0.5	1.0	2.0	2.4	1.5	0.9	1.4
297	Gooseberries, green, raw	Tr.	Tr.	Tr.	Tr.	Tr.	Tr.	Tr.	Tr.	Tr.	Tr.	Tr.	Tr.	Tr.	Tr.	Tr.	Tr.	Tr.	Tr.	Tr.	Tr.	Tr.	Tr.	Tr.	Tr.
298	Gooseberries, green, stewed without sugar	12	61	35	20	5	3	10	17	14	18	17	6	3	14	13	9	4	2	5	29	12	7	4	6
299	Gooseberries, ripe	0.5	24.6	14.0	0.7	0.5	0.3	0.3	0.5	0.4	0.5	0.4	0.4	0.2	0.4	0.4	0.3	1.7	0.4	0.7	0.3	1.4	3.8	2.4	5.5
300	Grapes, black	5.7	26.2	14.9	2.2	2.0	1.0	2.4	1.1	1.0	1.9	1.8	3.0	1.4	2.2	2.1	1.4	3.3	1.9	7.1	3.2	3.0	5.4	3.6	3.8
300a	Grapes, black (whole grapes weighed)	9.1	37.7	22.9	0.5	0.4	0.2	5.4	4.6	3.8	6.2	5.9	4.4	2.1	6.4	6.1	4.1	5.9	2.9	6.9	6.5	8.0	8.6	5.4	2.5
301	Grapes, white	0.02	0.12	0.07	0.01	0.04	0.02	0.16	0.10	0.08	0.10	0.09	0.07	0.04	0.11	0.10	0.07	0.10	0.04	0.39	0.82	0.14	0.23	0.14	0.07
301a	Grapes, white (whole grapes weighed)	9.1	37.7	22.9	0.5	0.4	0.2	5.4	4.6	3.8	6.2	5.9	4.4	2.1	6.4	6.1	4.1	5.9	2.9	6.9	6.5	8.0	8.6	5.4	2.5
302	Grapefruit (whole fruit weighed)	0.2	0.12	0.07	0.01	0.04	0.02	0.16	0.10	0.08	0.10	0.09	0.07	0.04	0.11	0.10	0.07	0.10	0.04	0.39	0.82	0.14	0.23	0.14	0.07
302a	Grapefruit (whole fruit weighed)	0.2	0.12	0.07	0.01	0.04	0.02	0.16	0.10	0.08	0.10	0.09	0.07	0.04	0.11	0.10	0.07	0.10	0.04	0.39	0.82	0.14	0.23	0.14	0.07
303	Greengages	0.2	0.12	0.07	0.01	0.04	0.02	0.16	0.10	0.08	0.10	0.09	0.07	0.04	0.11	0.10	0.07	0.10	0.04	0.39	0.82	0.14	0.23	0.14	0.07
303a	Greengages (weighed with stones)	0.2	0.12	0.07	0.01	0.04	0.02	0.16	0.10	0.08	0.10	0.09	0.07	0.04	0.11	0.10	0.07	0.10	0.04	0.39	0.82	0.14	0.23	0.14	0.07
304	Greengages, stewed with out sugar (weighed with stones)	0.1	0.12	0.07	0.01	0.04	0.02	0.16	0.10	0.08	0.10	0.09	0.07	0.04	0.11	0.10	0.07	0.10	0.04	0.39	0.82	0.14	0.23	0.14	0.07
305	Lemons, whole	0.2	0.12	0.07	0.01	0.04	0.02	0.16	0.10	0.08	0.10	0.09	0.07	0.04	0.11	0.10	0.07	0.10	0.04	0.39	0.82	0.14	0.23	0.14	0.07
306	Lemon juice	0.1	0.12	0.07	0.01	0.04	0.02	0.16	0.10	0.08	0.10	0.09	0.07	0.04	0.11	0.10	0.07	0.10	0.04	0.39	0.82	0.14	0.23	0.14	0.07
307	Loganberries	0.3	0.12	0.07	0.01	0.04	0.02	0.16	0.10	0.08	0.10	0.09	0.07	0.04	0.11	0.10	0.07	0.10	0.04	0.39	0.82	0.14	0.23	0.14	0.07
308	Loganberries, tinned in syrup	0.2	0.12	0.07	0.01	0.04	0.02	0.16	0.10	0.08	0.10	0.09	0.07	0.04	0.11	0.10	0.07	0.10	0.04	0.39	0.82	0.14	0.23	0.14	0.07
309	Medlars	0.1	0.12	0.07	0.01	0.04	0.02	0.16	0.10	0.08	0.10	0.09	0.07	0.04	0.11	0.10	0.07	0.10	0.04	0.39	0.82	0.14	0.23	0.14	0.07
309a	Medlars (weighed with skin and stone)	0.1	0.12	0.07	0.01	0.04	0.02	0.16	0.10	0.08	0.10	0.09	0.07	0.04	0.11	0.10	0.07	0.10	0.04	0.39	0.82	0.14	0.23	0.14	0.07
310	Melons, Cantaloupe	0.3	0.12	0.07	0.01	0.04	0.02	0.16	0.10	0.08	0.10	0.09	0.07	0.04	0.11	0.10	0.07	0.10	0.04	0.39	0.82	0.14	0.23	0.14	0.07
310a	Melons, Cantaloupe (weighed with skin)	0.2	0.12	0.07	0.01	0.04	0.02	0.16	0.10	0.08	0.10	0.09	0.07	0.04	0.11	0.10	0.07	0.10	0.04	0.39	0.82	0.14	0.23	0.14	0.07
311	Melons, yellow	0.2	0.12	0.07	0.01	0.04	0.02	0.16	0.10	0.08	0.10	0.09	0.07	0.04	0.11	0.10	0.07	0.10	0.04	0.39	0.82	0.14	0.23	0.14	0.07
311a	Melons, yellow (weighed with skin)	0.1	0.12	0.07	0.01	0.04	0.02	0.16	0.10	0.08	0.10	0.09	0.07	0.04	0.11	0.10	0.07	0.10	0.04	0.39	0.82	0.14	0.23	0.14	0.07

## CHEMICAL COMPOSITION OF FOODS

## Nuts

No.	Food.	g. per oz.		Color- less per oz.	mg. per oz.										Acid-base balance, c.c. per oz.	
		Protein (N x 6.25).	Fat	Asail- able carbo- hydrate (as mono- saccha- rides).	Na.	K.	Ca.	Mg.	Fe.	Cu.	P.	S.	Cl.	N 10	N 10	Alkali.
344	Almonds	5.8	15.2	1.2	1.6	243	70.0	73.0	1.20	0.04	126	41	0.5		52	
344a	Almonds (weighed with shells)	2.2	5.6	0.5	0.8	90	26.0	27.0	0.44	0.01	47	15	0.2		19	
345	Barcelona nuts	3.7	18.2	1.5	0.7	266	48.2	57.2	0.84	0.27	85	50	8.5		52	
345a	Barcelona nuts (weighed with shells)	2.3	11.3	0.9	0.4	165	30.0	35.5	0.52	0.17	53	31	5.9		32	
346	Brazil nuts	3.9	17.3	1.2	0.4	216	50.0	117.0	0.80	0.31	168	83	17.3		13	
346a	Brazil nuts (weighed with shells)	1.8	7.8	0.5	0.2	97	22.4	52.6	0.36	0.14	76	37	7.8		6	
347	Chestnuts	0.7	0.8	10.4	3.1	141	13.1	9.4	0.25	0.07	21	8	4.3		32	
347a	Chestnuts (weighed with shells)	0.5	0.8	8.6	2.6	117	10.8	7.8	0.21	0.05	17	7	3.5		27	
348	Cob nuts	2.8	10.2	1.9	0.4	88	12.5	15.9	0.30	0.06	65	21	1.7			
348a	Cob nuts (weighed with shells)	0.9	3.7	0.7	0.1	35	4.5	5.7	0.11	0.02	23	8	0.6			
349	Coconut, fresh	1.1	10.2	1.1	4.7	124	3.7	14.8	0.59	0.09	27	13	32.4		14	
350	Coconut milk	0.1	—	1.4	29.8	89	8.2	8.5	0.03	0.01	11	7	52.0		21	
351	Coconut, desiccated	1.9	17.6	1.8	8.1	214	6.4	25.5	1.02	0.16	46	22	55.8		24	
352	Peanuts	8.0	13.9	2.4	1.6	193	17.3	51.3	0.58	0.08	104	107	1.9			
352a	Peanuts (weighed with shells)	5.5	9.6	1.7	1.1	133	11.9	35.5	0.40	0.05	72	74	1.3			
353	Walnuts	3.6	14.6	1.4	0.8	195	17.3	37.2	0.67	0.09	145	30	6.5		24	
353a	Walnuts (weighed with shells)	2.3	9.4	0.9	0.5	124	11.1	23.8	0.43	0.06	93	19	4.2		15	

## Vegetables

## COMPOSITION PER OUNCE

135

No	Food	g per oz		Calor- ies per oz	mg. per oz.										Acid-base balance, c.c. per oz.	
		Protein (N x 6.25)	Avail- able carbo- hydrate (as mono- saccha- rides).		Na	K	Ca	Mg	Fe	Cu	P	S	Cl	N To	N Acid.	N Alkali.
354	Artichokes, globe, boiled	0.3	Tr	4	4.2	55	12.4	7.7	0.14	0.03	11.3	4.4	23.7	22		
354a	Artichokes, globe, boiled (weighed as served)	0.1	Tr	2	1.8	40	5.3	3.3	0.06	0.01	4.9	1.9	10.2	9		
355	Artichokes, Jerusalem, boiled	0.5	Tr	5	0.7	119	8.6	3.2	0.12	0.03	9.4	6.1	16.4	23		
356	Asparagus, boiled	1.0	Tr	5	0.5	67	7.3	3.0	0.25	0.06	24.0	13.2	8.9	3		
356a	Asparagus, boiled (weighed as served)	0.5	Tr	3	0.3	34	3.7	1.5	0.13	0.03	12.0	6.6	4.5	1		
357	Beans, baked	1.7	0.1	26	(168)	98	17.4	10.4	0.58	0.07	52.1	14.4	(230)	8		
358	Beans, broad, boiled	1.2	Tr	12	5.6	66	6.0	7.8	0.28	0.12	28.1	7.7	4.0	5		
359	Beans, butter, raw	5.5	Tr	76	17.4	485	24.1	46.5	1.68	0.35	90.4	31.1	13.2	101		
360	Beans, butter, boiled	2.0	Tr	26	4.6	113	5.3	9.5	0.47	0.05	24.5	13.4	0.7	17		
361	Beans, French, boiled	0.2	Tr	2	1.0	29	11.0	2.9	0.17	0.03	4.3	2.4	3.0	11		
362	Beans, haricot, raw	6.1	Tr	73	12.3	329	51.1	52.0	1.89	0.17	87.8	47.3	0.5	72		
363	Beans, haricot, boiled	1.9	Tr	25	4.3	91	11.3	12.6	0.71	0.04	34.6	13.1	0.3	14		
364	Beans, runner, raw	0.3	Tr	4	1.8	78	9.5	6.5	0.21	0.03	7.4	4.0	8.5	22		
365	Beans, runner, boiled	0.2	Tr	2	0.9	25	7.3	3.6	0.17	0.01	3.0	2.7	2.5	9		
366	Beetroot, boiled	0.5	Tr	13	18.2	99	8.5	4.8	0.20	0.04	10.1	6.3	21.5	25		
367	Broccoli tops, boiled	0.9	Tr	4	1.9	29	45.4	3.8	0.43	0.03	15.3	12.8	14.5	12		
368	Brussels sprouts, boiled	0.7	Tr	5	2.2	70	7.7	3.0	0.18	0.02	12.7	22.0	3.2	2		
369	Cabbage, red, raw	0.5	Tr	6	9.0	80	15.1	4.7	0.16	0.03	9.1	19.3	12.6	16		
370	Cabbage, Savoy, raw	0.9	Tr	7	6.4	75	21.3	5.5	0.26	—	19.2	25.0	6.3	7		
371	Cabbage, Savoy, boiled	0.4	Tr	3	2.3	35	14.9	2.0	0.20	0.02	7.7	8.6	2.7	8		
372	Cabbage, spring, boiled	0.3	Tr	2	3.5	31	8.6	1.8	0.13	0.02	9.0	7.6	1.8	8		
373	Cabbage, winter, raw	0.8	Tr	12	8.1	68	20.6	4.8	0.35	—	18.2	20.1	11.2	4		
374	Cabbage, winter, boiled	0.2	Tr	3	3.8	41	16.6	2.1	0.13	0.01	4.6	6.7	3.9	14		

\* This vegetable contains inulin. 50 per cent. total carbohydrate taken to be available.



## Vegetables—continued

No	Food	g. per oz.			Calor- ies per oz	mg. per oz.										Acid-base balance, c.c. per oz.	
		Protein (N x 6.25)	Fat	Asail- able carbo- hydrate (as mono- saccha- rides).		Na.	K.	Ca.	Mg.	Fe.	Cu.	P.	S.	Cl.	N	Alkali, N/10	
375	Carrageen moss, dried	1.9	Tr.	0.1	8	823.0	598	240.0	179.0	2.52	0.15	58.3	1550.0	327.0	320	26	
376	Carrots, old, raw	0.2	Tr.	1.5	6	27.0	64	13.6	3.4	0.16	0.02	6.0	2.0	19.5	13	13	
377	Carrots, old, boiled	0.2	Tr.	1.2	5	14.2	25	10.4	1.8	0.11	0.02	4.7	1.4	8.8	17	17	
378	Carrots, young, boiled	0.3	Tr.	1.3	6	6.4	67	8.2	2.4	0.12	0.02	8.4	2.6	7.8	5	5	
379	Cauliflower, boiled	0.4	Tr.	0.3	3	3.2	43	6.5	1.9	0.14	0.02	9.4	8.4	3.3	25	25	
380	Celeriac, boiled	0.5	Tr.	0.6	4	8.0	114	13.2	3.4	0.24	0.04	20.2	3.6	6.6	24	24	
381	Celery, raw	0.3	Tr.	0.4	3	38.9	79	14.8	2.7	0.17	0.03	9.0	4.2	52.0	12	12	
382	Celery, boiled	0.2	Tr.	0.2	1	18.9	38	14.8	2.4	0.12	0.03	5.5	2.4	28.4	14	14	
383	Chicory, raw	0.2	Tr.	0.4	3	2.1	52	5.2	3.6	0.20	0.04	5.9	3.6	7.1	9	9	
384	Cucumber, raw	0.2	Tr.	0.5	4	0.7	40	6.5	2.6	0.09	0.03	6.9	3.1	6.9	13	13	
385	Egg plant, raw	0.2	Tr.	0.9	3	2.9	68	3.0	2.7	0.11	0.02	3.4	2.6	17.3	15	15	
386	Endive, raw	0.5	Tr.	0.3	3	2.2	108	12.4	3.0	0.79	0.03	18.9	7.3	20.0	17	17	
387	Horseradish, raw	1.3	Tr.	3.1	17	2.2	164	23.8	10.2	0.58	0.04	19.9	60.2	5.3	75	75	
388	Leeks, boiled	6.8	Tr.	15.1	84	10.2	192	11.0	21.7	2.17	0.17	69.0	34.8	18.0	6	6	
389	Lentils, raw	1.9	Tr.	5.2	27	2.7	62	3.0	5.9	0.63	0.08	22.7	10.6	3.6	1	1	
391	Lettuce, raw	0.3	Tr.	0.5	3	0.9	59	7.4	2.8	0.21	0.04	8.6	3.4	11.2	11	11	
392	Marrow, boiled	0.1	Tr.	0.4	2	0.3	24	3.9	1.9	0.06	0.01	3.6	1.6	8.9	5	5	
393	Mushrooms, raw	10.5	Tr.	0.0	2	2.6	133	0.8	3.8	0.29	0.18	38.6	9.6	24.0	1	1	
394	Mushrooms, fried	10.6	6.4	0.0	62	3.1	98	18.7	4.6	0.36	0.22	47.2	20.9	29.3	5	5	
395	Mustard and cress, raw	0.5	Tr.	0.3	7	2.9	39	8.9	2.2	1.29	0.03	18.6	48.2	25.3	24	24	
396	Onions, raw	0.3	Tr.	0.3	4	1.9	22	6.9	1.4	0.09	0.02	4.7	6.7	5.5	5	5	
397	Onions, boiled	0.2	Tr.	0.8	7	2.9	39	8.9	2.2	0.09	0.02	4.7	6.7	5.5	5	5	
398	Onions, fried	0.5	9.5	2.9	101	5.7	76	17.4	4.2	0.17	0.05	16.8	24.9	10.8	21	21	
399	Onions, spring, raw	0.3	Tr.	2.4	10	3.7	64	39.4	3.1	0.35	0.04	6.7	14.2	10.1	21	21	
400	Parsley, raw	1.5	Tr.	Tr.	6	9.4	307	92.2	14.8	2.27	0.15	36.3	—	44.3	19	19	
401	Parsnips, raw	0.5	Tr.	3.2	14	47.0	97	15.6	6.4	0.16	0.03	19.6	4.7	11.5	—	—	
402	Parsnips, boiled	0.4	Tr.	3.8	16	1.2	83	10.1	3.7	0.13	0.03	9.0	4.1	9.3	—	—	



## CHEMICAL COMPOSITION OF FOODS

## Sugar, Preserves and Sweetmeats

No.	Food.	g. per oz.		Calor- ies per oz.	mg. per oz.										Acid-base balances, c.c. per oz.	
		Protein (N. x 6.25).	Fat.	Avail- able carbo- hydrate (as mono- saccha- rides).	Na.	K	Ca.	Mg.	Fe.	Cu.	P.	S.	Cl.	N 10	Acid. 10	N Alkal. 10
433	int purée	0.1	Tr.	11.4	3.1	57	9.7	3.4	0.45	0.04	7.1	9.1	3.7	12	—	—
434	" " " " " "	0.2	0.0	15.8	18.4	5	12.6	2.3	0.82	0.36	4.1	6.0	20.2	5	—	—
435	blend (1943)	2.6	10.2	14.9	(78)	110	72.0	18.8	0.58	0.14	64.0	—	52.0	—	—	—
436	" " " " " "	2.1	9.7	14.9	26.5	138	49.8	16.3	0.47	0.04	61.0	19.0	37.7	24	—	—
437	milk (1943)	2.5	10.7	15.5	(78)	99	69.9	16.7	0.49	0.14	62.0	—	48.2	22	—	—
438	" " " " " "	1.3	9.2	16.6	5.3	113	7.4	23.2	0.93	0.32	39.5	9.1	2.5	—	—	—
439	plain (1935)	1.6	10.0	14.9	(41)	73	17.9	37.2	0.82	0.23	39.2	—	1.4	—	—	—
440	" " " " " "	0.2	Tr.	14.8	(48)	62	7.8	5.1	0.29	0.03	9.6	9.1	(71)	13	—	—
441	" " " " " "	0.3	Tr.	11.0	(37)	79	7.4	5.1	0.26	0.03	10.4	8.8	(81)	15	—	—
442	key	0.2	*1.1	21.2	2.0	10	2.2	0.6	0.06	0.01	9.2	0.2	7.5	—	—	—
443	" " " " " "	0.1	Tr.	21.7	3.1	15	1.5	0.6	0.11	0.01	4.8	0.2	5.1	—	—	—
444	" " " " " "	1.1	3.8	5.0	18.2	51	43.4	4.3	0.06	0.01	27.1	8.7	29.2	—	—	—
445	with edible seeds	0.2	0.0	19.6	4.5	32	6.9	2.9	0.42	0.07	5.1	1.8	2.6	—	—	—
446	" " " " " "	0.1	0.0	19.7	3.5	30	3.4	1.5	0.29	0.03	5.2	0.9	1.0	—	—	—
447	ket	11.7	0.0	17.7	7.2	7	8.9	1.3	0.49	0.05	2.0	10.4	8.5	—	—	—
448	" " " " " "	0.9	0.0	12.0	(18)	19	5.2	1.4	0.20	0.01	17.8	13.4	(24)	—	—	—
449	le	Tr.	0.0	19.8	5.2	12	9.9	1.1	0.16	0.03	3.6	0.6	2.0	—	—	—
450	" " " " " "	0.2	0.9	7.2	(59)	159	14.9	5.9	0.60	0.02	4.5	8.1	(129)	—	—	—
451	" " " " " "	0.1	0.0	129.6	1.8	25	4.9	4.2	0.25	0.02	5.7	4.0	10.0	—	—	—
452	merara	Tr.	0.0	129.7	0.1	1	0.4	0.1	0.01	0.01	Tr.	Tr.	Tr.	—	—	—
453	" " " " " "	0.1	0.0	22.4	76.6	69	7.5	2.7	0.41	0.03	5.7	15.3	11.8	—	—	—
454	iden	0.1	1.8	25.6	(33)	26	3.1	1.1	0.16	0.01	2.8	5.9	231.0	—	—	—
455	made black	0.3	0.0	19.1	27.2	416	140.5	40.9	2.60	0.12	8.7	19.5	—	—	—	—

\* See note p. 93.

† See p. 6.

‡ See p. 6.

## COMPOSITION PER OUNCE

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## Beverages

No.	Food	g per oz			Calor- ies per oz	mg. per oz.										Acid-base balance, c.c. per oz.	
		Protein	Fat	Avail- able carbo- hydrate (as mono- saccha- rides).		Na	K	Ca	Mg	Fe.	Cu.	P	S	Cl.	N To	N Acid To	N Alkali To
456	Bournville	3.2	2.1	19.2	105	102.0	188	25.3	48.2	0.94	0.28	116.7	69.0	52.5	13		
457	Box nil	8.3	0.2	0.0	36	(1580)	1020	14.8	48.0	3.44	0.24	369.0	103.0	(1950)	145		
458	Cocoa powder	5.8	6.6	9.9	128	(185)	152	14.6	54.5	4.06	0.97	194.0	45.5	56.5	2		
459	Coffee, ground, roasted	3.6	4.4	8.1	85	20.8	575	37.8	66.8	1.16	0.23	45.7	31.3	6.7	180		
460	Coffee, infusion, 2 min	0.1	Tr.	0.1	1	Tr	19	0.6	1.6	Tr	Tr.	0.4	—	Tr.	—		
461	Coffee, infusion, 5 min	0.1	Tr.	0.1	1	Tr	25	1.0	2.4	Tr	Tr.	0.8	—	Tr.	—		
462	Coffee, infusion, 10 min	0.1	Tr.	0.1	1	Tr	30	1.1	3.0	Tr.	Tr.	1.2	—	Tr.	—		
463	Coffee, infusion, 20 min	0.1	Tr.	0.1	1	Tr	31	1.1	3.1	Tr.	Tr.	1.4	—	Tr.	—		
464	Lemonade	Tr.	Tr.	3.5	13	Tr	4	0.2	0.2	Tr	Tr.	0.3	Tr.	Tr.	1		
465	Malted milk, Horlick's	4.1	2.4	20.1	114	196.0	321	77.2	20.0	0.37	0.35	114.0	47.5	146.0	78		
466	Marmite	2.8	Tr.	0.0	12	(1740)	978	22.0	28.4	1.48	0.56	535.0	108.0	(2200)	49		
467	Ovaltine	3.7	2.2	17.4	101	70.8	312	96.1	39.8	0.99	0.18	160.0	52.0	115.0	24		
468	Oxo cubes	9.0	1.1	0.0	47	(3010)	761	28.8	45.4	3.98	0.09	310.0	91.0	(3980)	180		
469	Tea, Indian	4.4	0.0	0.0	17	12.6	612	121.0	72.0	4.32	0.45	178.0	50.2	14.7	132		
470	Tea, Indian, infusion	Tr.	0.0	0.0	<1	Tr.	5	0.1	0.3	Tr	Tr	0.3	—	Tr	—		
471	Vital	1.3	3.6	18.9	102	(106)	102	30.6	17.4	5.00	0.13	75.5	23.5	(169)	9		

\*See pp 6 and 95.

## Beers (1938)

No	Food	c.c. per pint Alcohol	g. per pint.		Calor- ies per pint	mg. per pint.											Acid-base balance, c.c. per pint.	
			Protein (N $\times$ 6.25)	Fat		Na.	K.	Ca.	Mg.	Fe.	Cu.	P.	S.	Cl.	N 10	N Alkali. 10		
472	Mild ale, draught	25.2	2.8	Tr.	17.4	252	235	66	43.1	0.28	0.73	83	114	203		3		
473	Mild ale, bottled	26.3	1.7	Tr.	20.7	273	303	71	56.0	0.45	0.39	101	141	202	4			
474	Pale ale, draught	33.7	1.7	Tr.	17.9	310	314	61	58.9	0.28	0.45	120	130	198	21			
475	Pale ale, bottled	34.5	1.1	Tr.	16.8	308	291	76	58.9	0.39	0.34	99	134	177	2			
476	Strong ale	45.0	2.8	Tr.	27.4	428	499	95	80.7	0.56	0.62	160	191	305	19			
477	Stout	26.7	2.2	Tr.	23.0	282	381	58	65.0	0.78	0.67	130	130	200		10		

## Condiments

No	Food	g. per oz	Protein (N $\times$ 6.25)	Fat	Calories per oz	mg. per oz.											Acid-base balance, c.c. per oz.	
						Na.	K.	Ca.	Mg.	Fe.	Cu.	P.	S.	Cl.	N		Acid.	Alkali.
															10	10		
478	Curry powder	..	2.7	3.1	67	128	520	181	81	21.30	0.30	77	24	134			244	
479	Ground ginger	..	2.1	0.9	74	10	258	28	38	4.90	0.13	39	41	11			61	
480	Mustard	..	8.2	8.1	132	1	268	95	73	3.10	0.06	50	364	18			88	
481	Pepper	..	2.5	1.8	88	2	12	36	13	2.90	0.32	37	23	17			82	
482	Salt, block	..	0.0	0.0	0	11,000	Tr.	65	10	0.07	0.11	Tr.	114	16,900			30	
483	Table salt "A"	..	0.0	0.0	0	11,000	Tr.	42	142	0.15	0.16	21	10	17,000			120	
484	Table salt "B"	..	0.0	0.0	0	11,200	Tr.	3	50	0.09	0.19	Tr	7	17,200			40	
485	Vinegar	..	0.1	0.0	1	6	25	4	6	0.13	0.01	9	5	13			7	

## Vegetable Fats

No.	Food.	g. per oz			Calor- ies per oz	mg. per oz										Acid-base balance, c c. per oz.	
		Protein (N × 6.25)	Fat	Carbo- hydrate		Na	K.	Ca	Mg.	Fe.	Cu	P.	S.	Cl.	N Acid. 10	N Alkali. 10	
486	Margarine ..	0.1	24.2	0 0	226	1	1.2	0.3	0.09	0.01	3.4	3.4	(141)	4	<1		
487	Olive oil ..	Tr	28.4	0 0	264	Tr	0.1	0.1	0.02	0.02	Tr.	Tr.	Tr.				

## Cakes and Pastries

No.	Food.	g. per oz			Calor- ies per oz	Na	K	Ca	Mg	Fe	Cu	P	S	Cl	Acid-base balance, c c. per oz.	
		Protein	Fat	Avail- able carbo- hydrate (as mono- saccha- rides)											N Acid. 10	N Alkali. 10
488	Buns (1943)	2.5	1.7	16.2	87	(34)	56	(23)	13.1	0.77	0.09	48.3	—	(37)	—	—
489	Cherry cake ..	1.3	6.8	16.0	129	(39)	20	9.1	2.9	0.35	0.09	20.1	17.9	(36)	5	—
490	Chocolate cakes ..	1.8	6.6	15.8	123	(61)	26	6.4	4.0	0.36	0.02	29.2	23.8	(51)	8	—
491	Coconut cakes ..	2.0	6.6	15.5	128	(47)	49	9.9	6.5	0.31	0.03	28.8	23.5	(48)	3	—
492	Currant buns (1936)	2.1	2.2	15.4	87	(29)	50	10.2	6.3	0.60	0.02	18.4	20.8	(55)	3	—
493	Currant cake ..	1.7	5.2	17.2	120	(43)	59	9.8	5.0	0.33	0.04	24.1	21.8	(42)	—	—
494	Currant cake (1943)	1.9	3.1	14.6	91	(169)	70	(19)	9.7	0.69	0.03	(93)	—	(96)	5	—
495	Doughnuts ..	1.7	4.5	13.8	101	(17)	32	6.1	4.7	0.46	0.03	15.6	16.0	(25)	—	—
496	Dundee cake ..	1.1	4.3	17.7	110	(40)	96	14.3	7.8	0.57	0.05	22.1	15.6	(51)	2	—
497	Fecles cakes ..	1.4	8.3	14.6	138	(47)	51	7.1	4.7	0.23	0.04	16.2	16.2	(78)	—	—
498	Ginger biscuits ..	1.7	4.7	20.2	127	(94)	40	6.1	4.3	0.36	0.02	21.6	23.1	(40)	17	—
499	Gingerbread ..	1.6	3.7	18.0	109	(95)	43	10.1	4.4	0.36	0.02	23.0	22.2	(30)	18	—
500	Ginger cake (1943)	1.9	2.6	15.5	90	(276)	43	(19)	10.9	1.33	0.07	(133)	—	(93)	—	—
501	Jam tarts, flaky pastry	0.7	4.5	16.0	105	(29)	27	4.3	2.9	0.27	0.03	10.3	8.8	(45)	1	—
502	Jam tarts, short pastry	0.9	3.8	17.3	104	(33)	29	4.5	3.2	0.28	0.03	11.9	10.5	(51)	2	—
503	Jam tarts, economical ..	1.7	5.6	18.3	128	(47)	45	(36)	7.9	0.47	0.09	(67)	—	(45)	—	—
504	Lemon curd tarts ..	1.6	6.9	14.3	125	(50)	25	4.6	3.5	0.21	0.01	20.0	19.0	(78)	14	—
505	Mince pies ..	1.3	5.6	12.2	103	(43)	76	7.9	5.1	0.35	0.02	14.3	16.5	(116)	—	3

# Puddings—continued

## CHEMICAL COMPOSITION OF FOODS

No	Food.	g per oz			Calor-ies per oz	mg. per oz.										Acid-base balance, cc per oz.	
		Protein.	Fat.	Avail-able carbo-hydrate (as mono-saccha-rides).		Na	K.	Ca.	Mg.	Fe.	Cu.	P.	S.	Cl.	N 10	N 10	Alkali.
554	(weighed with	1.4	4.3	10.6	85	(25)	37	20.8	4.0	0.15	0.01	26.4	15.9	(43)	5	2	
555	utrt .. ..	0.7	2.7	9.3	62	(22)	34	3.0	2.5	0.10	0.02	8.2	7.4	(35)	5	14	
556	ddings ..	1.5	2.8	6.7	57	(36)	41	24.6	4.1	0.24	0.02	31.9	17.0	(53)		5	
557	rt .. ..	0.7	2.7	8.7	60	(22)	69	15.8	3.4	0.12	0.02	9.3	7.9	(47)		5	
558	ng .. ..	1.3	2.6	6.1	52	(18)	54	39.0	4.8	0.04	0.01	34.2	12.1	(38)			
559	g, economical	1.4	0.7	5.4	33	(23)	48	42.3	4.1	0.04	0.05	38.4		(42)			
560	ng .. ..	0.9	1.1	5.9	35	14	43	32.6	3.9	0.05	0.01	25.9	7.8	(27)			
561	dding ..	1.2	1.1	5.7	37	14	49	34.0	4.8	0.06	0.01	29.7	10.7	(29)			
562	ng, plain ..	1.1	5.1	10.6	92	(57)	27	12.7	3.5	0.12	0.01	17.0	11.4	(44)			
563	ng with raisins	1.0	4.4	11.8	90	(51)	58	13.1	4.7	0.16	0.02	15.7	10.6	(38)			
564	ng with sul- onomical	1.2	2.6	11.0	70	(20)	53	(32)	5.6	0.26	0.05	(50)		(12)			
565	age pudding, al	1.5	4.2	15.3	101	(47)	36	(26)	5.3	0.38	0.04	(50)		(35)			
566	dding ..	0.9	1.1	6.1	36	14	44	32.9	3.9	0.28	0.01	27.0	8.1	(27)			
567	t .. ..	1.0	3.8	17.8	107	(73)	45	5.5	3.3	0.29	0.02	13.1	17.8	(68)			
568	.. ..	1.1	1.1	8.0	45	(14)	43	28.2	3.9	0.13	0.01	27.2	11.2	(26)			
569	pudding ..	2.0	2.7	7.7	62	(17)	49	28.7	5.2	0.19	0.02	36.4	21.1	(188)	8		
570	pudding, eco- nomical	1.7	3.2	8.0	67	(158)	23	(44)	6.0	0.36	0.06	(84)		(201)			

## Meat and Fish Dishes

No	Food	g per oz		Colon- ies per oz	mg per oz										Acid-base balance, c c. per oz.	
		Protein	Fat		Fol (as glucose)	Na	K	Ca	Mg	Fe	Cu	P	S.	Cl.	N 10	N Alkali 10
571	Beef steak pudding	2.9	3.7	6.1	69	47	2.1	4.4	0.53	—	37.3	30.3	(318)	19		
572	Beef stew	3.1	1.7	0.7	31	66	3.9	4.7	0.71	—	45.3	33.8	(306)	25		
573	Curried meat	2.3	3.2	2.5	48	72	9.3	5.8	1.39	—	28.7	27.9	(124)	7		
574	Fish cakes	3.5	4.0	2.8	61	85	5.6	5.2	0.22	0.04	48.1	41.0	(185)	26		
575	Fish cakes, economical	3.0	0.5	4.0	32	100	97	7.4	6.3	0.26	0.04	43.8	—	(154)		
576	Fish pie	2.5	4.3	1.9	58	146	71	14.6	4.6	0.16	0.02	40.7	30.0	(225)	16	
577	Hot pot	2.8	1.3	3.2	36	164	132	6.2	7.1	0.66	—	42.2	33.2	(253)	5	
578	Irish stew	1.1	3.1	2.2	41	101	63	2.9	3.4	0.26	—	16.2	14.2	(159)		
578a	Irish stew (weighed with bones)	1.0	2.9	2.1	39	93	53	2.7	3.1	0.24	—	15.0	13.1	(147)		
579	Kedgerie	3.4	2.0	2.8	43	46	6.0	6.8	0.29	—	47.8	44.8	(459)	33		
580	Sausage roll, flaky pastry	2.1	10.2	10.1	141	32	3.8	3.8	0.37	0.02	22.6	20.3	(173)	13		
581	Sausage roll, short pastry	2.3	8.8	11.4	134	36	4.3	4.3	0.41	0.02	25.4	22.6	(189)	13		
582	Sausage roll, short pastry, economical	2.9	7.4	13.3	130	54	(42)	12.5	0.65	0.09	(87)	—	(154)	—		
583	Sausage roll, potato pastry	2.8	5.2	13.0	108	70	(18)	12.5	0.61	0.09	45.2	—	(247)	—		
584	Shepherd's pie	2.0	1.5	3.5	35	83	4.3	4.7	0.66	—	25.1	22.8	(166)	4		
585	Steak and kidney pie	4.4	5.4	4.8	85	69	2.9	5.9	1.58	—	60.5	44.4	(339)	40		
586	Toad-in-the hole	2.2	5.8	5.3	83	46	19.0	4.5	0.40	0.02	33.5	22.8	(297)	9		



## CHEMICAL COMPOSITION OF FOODS

## Egg and Cheese Dishes

No.	Food.	g per oz.			Calor- ies per oz.	mg. per oz.										Acid-base balance, c c. per oz.	
		Protein.	Fat.	Avail- able carbo- hydrate (as mono- saccha- rides).		Na.	K.	Ca.	Mg.	Fe.	Cu	P.	S.	Cl.	N 10	N 10	Alkali.
27	Buck rabbit	4.1	8.7	4.6	114	(122)	35	94.5	8.0	0.31	0.02	80.7	40.7	(195)	16		
28	Cheese omelette	5.0	8.8	1x.	102	(402)	42	89.9	7.3	0.63	0.02	101.0	60.7	(620)	40		
29	Cheese pudding,	2.5	2.1	2.9	41	(140)	39	55.3	6.1	0.25	0.04	55.0	—	(217)	—		
30	nomical																
31	Cheese straws	4.7	13.5	7.3	172	(234)	32	116.0	8.9	0.27	0.02	93.0	44.9	(375)	20		
32	Macaroni cheese	2.2	3.6	4.3	59	(190)	39	56.6	7.3	0.10	0.01	45.9	19.7	(301)	—		
33	Macaroni cheese,	1.6	1.7	3.6	36	(74)	22	41.8	4.7	0.09	0.03	35.5	—	(126)	—		
34	nomical																
35	Omelette	2.2	8.6	0.0	89	(286)	26	11.1	2.4	0.46	0.01	40.7	31.4	(431)	29		
36	Scotch egg	3.1	5.5	2.9	75	(153)	47	10.1	4.0	0.77	0.02	47.2	35.8	(210)	25		
37	Scrambled eggs	2.9	7.1	0.2	79	(358)	38	17.4	3.4	0.59	0.01	54.0	41.0	(540)	36		
38	Scrambled eggs with dried	3.7	7.4	0.6	84	(430)	41	16.3	3.6	0.67	0.02	68.7	53.5	(680)	61		
39	eggs																
40	Welsh rarebit	4.3	10.1	5.9	133	(146)	34	116.0	9.3	0.19	0.02	85.7	38.3	(245)	8		

## Sauces and Soups

No	Food	g. per oz.		Protein	Fat	Avail- able carbo- hydrate hydrate (as mono- saccha- rides)	Calor- ies per oz	mg. per oz.										Acid-base balance, c.c. per oz.	N in 10	N in 10	Alkali in 10
		Na	K					Ca	Mg	Fe	Cu	P	S.	Cl							
558	Bread sauce	..	..	1.1	1.4	3.6	32	44	29.5	4.4	0.06	0.01	26.1	9.6	(145)	—	—	6			
559	Bone and vegetable broth	..	..	1.1	1.3	0.3	18	18	4.8	0.9	0.08	0.01	2.8	—	(21)	—	—	—			
560	Bone and vegetable broth (Dickiepegs)	..	..	1.3	—	0.1	—	12	2.9	1.1	0.08	0.01	2.0	—	16	—	—	4			
561	Cheese sauce	..	..	1.9	3.7	2.5	52	45	57.7	5.4	0.06	0.01	42.6	17.2	(349)	1	—	6			
562	Egg sauce	..	..	1.4	2.9	2.4	41	35	29.9	4.1	0.14	0.01	32.3	15.6	(209)	—	—	—			
563	Onion sauce	..	..	0.7	1.6	2.0	25	36	21.7	3.1	0.06	0.02	17.9	7.9	(137)	—	—	—			
564	Potato soup	..	..	0.6	1.2	3.1	26	27	13.1	4.5	0.11	0.02	14.8	8.4	(155)	—	—	—			
565	Soup, mixed	..	..	0.6	0.4	1.2	10	38	9.6	2.0	0.40	Tr	11.4	—	(110)	—	—	—			
566	White sauce, savoury	..	..	1.1	2.8	2.8	41	40	32.2	4.2	0.04	0.01	27.3	10.1	(236)	—	—	6			
567	White sauce, sweet	..	..	1.0	2.5	5.2	47	42	29.5	3.6	0.04	0.01	25.0	9.3	34	—	—	5			

### Vegetable Dishes

No.	Food.	g per oz		Protein	Fat	Calor- ies per oz	mg per oz										Acid-base balance, c c. per oz.	
		Avail- able carbo- hydrate (as mono- sacha- rides)					Na	K	Ca	Mg.	Fa.	Cu.	P.	S.	Cl.	N 10	Acid	N 10 Alkali.
608	Potato cakes	1.0	0.1	10.0	43	(177)	104	6.9	7.7	0.28	0.05	17.9	—	—	(283)	—	—	
609	Vegetable pie with potato pastry	0.8	1.0	6.1	36	(121)	99	9.8	6.3	0.23	0.04	14.2	—	—	(192)	—	—	

# CHEMICAL COMPOSITION OF FOODS

## PHYTIC ACID PHOSPHORUS IN FOODS

	Phytic acid phosphorus as per cent. of total phosphorus.		Phytic acid phosphorus as per cent. of total phosphorus.
<i>Cereals and cereal foods—</i>		<i>Nuts—</i>	
All-Bran, Kellogg's ..	76	Almonds ..	82
Barley, pearl ..	66	Barcelona nuts ..	83
Biscuits, digestive ..	61	Brazil nuts ..	86
Bread, brown (92%).	55	Chestnuts ..	18
" "National wheat-meal" (85%).	30	Cob nuts ..	74
" white ..	15	Coconut ..	81
" Hovis ..	38	Peanuts.. ..	57
Cornflakes ..	25	Walnuts ..	42
Flour, English or Manitoba, 100% extraction	70	<i>Vegetables—</i>	
" 85% ..	55	Artichokes, Jerusalem, boiled.	25
" 80% ..	47	Beans, broad, boiled ..	5
" white ..	30	" butter, raw ..	84
Oatmeal, raw ..	70	" haricot, raw ..	73
Rice, polished ..	61	Carrots, raw ..	16
Rye, 100% extraction ..	72	Cauliflower, boiled ..	0
" 85% ..	54	Celery, raw ..	0
" 75% ..	44	Lentils, raw ..	51
" 60% ..	31	Mushrooms, raw ..	0
Ryvita ..	54	Onions, raw ..	0
Sago ..	Tr.	Parsnips, raw ..	0
Shredded Wheat ..	80	Peas, fresh, raw ..	31
Soya Full fat or low fat flour or grits	31	" dried, raw ..	11
Tapoca ..	0	" split, raw ..	80
Vita-Weat ..	59	" tinned ..	57
<i>Fruit—</i>		Potatoes, old, boiled ..	17
Apples ..	0	" new, boiled ..	19
Bananas ..	0	Spinach, boiled ..	23
Blackberries ..	16	Swedes, raw ..	0
Figs, dried ..	13	Turnips, raw ..	0
Prunes, dried ..	0	<i>Cocoa and chocolate—</i>	
		Chocolate, milk ..	18
		Cocoa ..	15

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"    "    "	34, 35, 117	Brussels sprouts, boiled	86, 87, 135
"    "    "	34, 35, 117	Buck rarebit	21, 108, 109, 146
"    "    "	34, 35, 117	Buns	98, 99, 141
"    "    "	34, 35, 117	"    "    "	98, 99, 141
"    "    "	34, 35, 117	Rock	10, 13, 100, 101, 142

	PAGES		PAGES
Butter .. .. .	32, 33, 116	Chicory, raw .. ..	86, 87, 136
„ beans, raw and boiled	84, 85, 135	Chips, fried .. ..	90, 91, 137
	148	Chocolate, Blended .. ..	92, 93, 138
Cabbage, Red, raw .. ..	86, 87, 135	Chocolate, Milk .. ..	92, 93, 138, 148
„ Savoy, raw and boiled	86, 87	„ Plain .. ..	92, 93, 138
	135	Chocolate cake .. ..	11, 98, 99, 141
„ Spring, boiled .. ..	86, 87, 135	„ mould .. ..	16, 102, 103, 143
„ Winter, raw and boiled	86	Chopped ham .. ..	38, 39, 118
	87, 135	„ pork .. ..	38, 39, 118
Cabinet pudding .. ..	15, 102, 103, 143	Chops, Mutton, raw, fried and	40, 41
Cake, Cherry .. ..	11, 98, 99, 141	„ grilled .. ..	118, 119
„ Currant .. ..	11, 98, 99, 141	„ Pork, grilled .. ..	42, 43, 44, 45, 120
„ Dundee .. ..	98, 99, 141	Chutney, Apple .. ..	10, 92, 93, 138
„ Ginger .. ..	98, 99, 141	„ Tomato .. ..	11, 92, 93, 138
„ Orange .. ..	13, 98, 99, 141	Cob nuts .. ..	82, 83, 134, 148
„ Plain .. ..	13, 100, 101, 142	Cockles .. ..	48, 49, 122
„ Sponge .. ..	14, 100, 101, 142	Cocoa .. ..	9, 94, 95, 139, 148
Cakes, Chocolate .. ..	11, 98, 99, 141	Coconut .. ..	82, 83, 134, 148
„ Coconut .. ..	11, 98, 99, 141	„ Desiccated .. ..	82, 83, 134
„ Eccles .. ..	12, 98, 99, 141	„ cake .. ..	11, 98, 99, 141
„ Fish .. ..	20, 106, 107, 145	„ milk .. ..	82, 83, 134
„ Potato .. ..	23, 110, 111, 147	Cod, steamed, fried and grilled	48, 49
„ Queen .. ..	13, 100, 101, 142		122
„ Rock .. ..	14, 100, 101, 142	Cod roe, baked and fried .. ..	48, 49, 122
„ Welsh cheese .. ..	14, 100, 101, 142	Coffee, Ground .. ..	94, 95, 139
Calf's brain, boiled .. ..	36, 37, 117	„ infusion .. ..	94, 95, 139
„ liver, fried .. ..	38, 39, 118	College pudding .. ..	16, 102, 103, 143
Canary pudding .. ..	16, 102, 103, 143	Comb honey .. ..	92, 93, 133
Cantaloupe melon .. ..	76, 77, 131	Condensed skimmed milk .. ..	32, 33, 116
Carrageen moss .. ..	9, 86, 87, 136	„ whole milk .. ..	32, 33, 116
Carrots, Old, raw and boiled	86, 87, 136	Conger, steamed and fried .. ..	48, 49, 122
	148	Corned beef, tinned .. ..	34, 35, 117
„ Young, boiled .. ..	86, 87, 136	Cornflakes .. ..	8, 26, 27, 114, 148
Castle pudding .. ..	16, 102, 103, 143	Cornflour .. ..	26, 27, 114
Catfish, fried and steamed	46, 47, 121	Crab, boiled .. ..	50, 51, 122
Cauliflower, boiled .. ..	86, 87, 136, 148	Cranberries .. ..	72, 73, 130
Celeriac, boiled .. ..	86, 87, 136	Cream .. ..	32, 33, 116
Celery, raw and boiled .. ..	86, 87	„ cracker biscuits .. ..	26, 27, 114
	136, 148	Cress, Mustard and .. ..	88, 89, 136
Cheese, Cheddar .. ..	32, 33, 116	Cucumber .. ..	86, 87, 136
„ Cream .. ..	32, 33, 116	Currants, Black, raw and stewed	72, 73
„ Dutch .. ..	32, 33, 116		130
„ Gorgonzola .. ..	32, 33, 116	„ Dried .. ..	72, 73, 130
„ Gruyère .. ..	9, 32, 33, 116	„ Red, raw and stewed .. ..	72, 73
„ Macaroni .. ..	21, 22, 108, 109, 146		130
„ Packet .. ..	9, 32, 33, 116	„ White, raw .. ..	72, 73, 130
„ Parmesan .. ..	9, 32, 33, 116	Currant bread .. ..	26, 27, 114
„ St. Ivel .. ..	32, 33, 116	„ buns .. ..	98, 99, 141
„ Stilton .. ..	32, 33, 116	„ cake .. ..	11, 98, 99, 141
Cheese omelette .. ..	21, 108, 109, 146	Curried meat .. ..	19, 106, 107, 145
„ pudding .. ..	21, 108, 109, 146	Curry powder .. ..	9, 96, 97, 140
„ sauce .. ..	22, 110, 111, 147	Custard, Banana .. ..	15, 102, 103, 143
„ straws .. ..	21, 108, 109, 146	„ Egg .. ..	16, 102, 103, 143
Cherries, Cooking, raw and stewed	72, 73	„ Powder .. ..	16, 102, 103, 143
	130	Custard apple .. ..	72, 73, 130
„ Eating .. ..	72, 73, 130	„ powder .. ..	26, 27, 114
„ Glacé .. ..	9, 92, 93, 138	„ tart .. ..	16, 102, 103, 143
Cherry cake .. ..	11, 98, 99, 141	Cutlet, Veal, fried .. ..	44, 45, 121
Chestnuts .. ..	82, 83, 134, 148	Dabs, fried .. ..	50, 51, 122
Chicken, boiled and roast	36, 37, 117	Damsons, raw and stewed .. ..	72, 73, 130

## CHEMICAL COMPOSITION OF FOODS

	PAGES		PAGES
Dates .. ..	74, 75, 130	Ginger biscuits ..	12, 98, 99, 100
Demerara sugar .. ..	92, 93, 138	Gingerbread .. ..	12, 98, 99, 100
Desiccated coconut .. ..	82, 83, 134	Ginger cake .. ..	98, 99, 100
Digestive biscuits .. ..	8, 26, 27, 114, 148	Ginger, Ground .. ..	96, 97, 100
Dogfish, fried .. ..	50, 51, 122	Glacé cherries .. ..	9, 92, 93, 100
Doughnuts .. ..	98, 99, 141	Globe artichokes, boiled ..	84, 85, 138
Dried egg .. ..	32, 33, 116	Golden syrup .. ..	9, 92, 93, 100
Dried milk .. ..	32, 33, 116	Goose, roast .. ..	36, 37, 118
" skimmed milk .. ..	32, 33, 116	Gooseberries, Green, raw and	
Dripping, Beef .. ..	36, 37, 117	stewed .. ..	74, 75, 138
Duck, roast .. ..	36, 37, 118	" Ripe .. ..	74, 75, 138
Dumpling .. ..	16, 102, 103, 143	Gooseberry tart .. ..	17, 102, 103, 143
Dumpling, Apple .. ..	15, 102, 103, 143	Gorgonzola cheese .. ..	32, 33, 116
Dundee cake .. ..	98, 99, 141	Granulated sugar .. ..	92, 93, 138
Dutch cheese .. ..	32, 33, 116	Grapes, Black .. ..	74, 75, 131
		" White .. ..	74, 75, 131
Eccles cakes .. ..	12, 98, 99, 141	Grapefruit .. ..	74, 75, 131
Eels, elvers, raw .. ..	50, 51, 122	Grapenuts .. ..	8, 28, 29, 115
" silver, raw and stewed ..	50, 51, 122	Greens, Spring, boiled ..	90, 91, 137
" yellow, raw .. ..	50, 51, 123	Greengages, raw .. ..	76, 77, 131
Elvers, raw .. ..	50, 51, 122	" stewed .. ..	76, 77, 131
Egg, dried .. ..	32, 33, 116	Grey mullet, steamed .. ..	60, 61, 125
" fried .. ..	32, 33, 116	Grouse, roast .. ..	36, 37, 118
" poached .. ..	32, 33, 116	Gruyère cheese .. ..	9, 32, 33, 116
" raw or boiled .. ..	32, 33, 116	Guinea fowl, roast .. ..	38, 39, 118
" scrambled .. ..	22, 108, 109, 146	Gurnet, Grey, steamed ..	52, 53, 123
Egg white .. ..	32, 33, 116	" Red, steamed .. ..	52, 53, 123
" yolk .. ..	32, 33, 116		
" custard .. ..	16, 102, 103, 143	Haddock, Fresh, raw, fried and	52, 53
" plant .. ..	86, 87, 136	steamed .. ..	123
" sauce .. ..	23, 110, 111, 147	" Smoked, steamed .. ..	54, 55, 123
Endive .. ..	86, 87, 136	Hake, fried and steamed ..	54, 55, 123
English flour .. ..	28, 29, 114	Halibut, steamed .. ..	54, 55, 124
	115, 148	Ham, boiled .. ..	38, 39, 118
		" chopped .. ..	38, 39, 118
Figs, Dried, raw and stewed ..	74, 75, 131	" York, raw .. ..	38, 39, 118
" Green .. ..	74, 75, 131	Hare, roast and stewed ..	38, 39, 118
Fillet, smoked, steamed .. ..	50, 51, 123	Haricot beans, raw and boiled ..	84, 85
Fish cakes .. ..	20, 106, 107, 145		135, 148
" economical .. ..	20, 106, 107, 145	Heart, Sheep's, roast .. ..	38, 39, 118
" paste .. ..	50, 51, 123	Herring, raw, baked and fried ..	54, 55
" pie .. ..	20, 106, 107, 145	" roe, fried .. ..	54, 55, 124
Flaky pastry, raw and baked ..	101, 142	Honey .. ..	92, 93, 138
Flounder, fried and steamed ..	52, 53, 123	Honeycomb .. ..	92, 93, 138
Flour, brown .. ..	8, 28, 29, 115	Horlick's Malted Milk .. ..	8, 94, 95, 139
" English, various extractions ..	28	Horseradish .. ..	86, 87, 136
" Manitoba, .. ..	28, 29, 115, 148	Hot pot .. ..	20, 106, 107, 145
" National wheatmeal, .. ..	28, 29, 115	Household milk .. ..	32, 33, 116
" Soya .. ..	30, 31, 115, 148	Hovis Bread .. ..	26, 27, 114, 148
" White .. ..	8, 28, 29, 115, 148		
Force .. ..	8, 28, 29, 115	Ice cream .. ..	92, 93, 138
French beans, boiled .. ..	84, 85, 135	Indian tea .. ..	94, 95, 139
Fruit salad, tinned .. ..	74, 75, 131	Irish stew .. ..	20, 106, 107, 145
		Jam .. ..	92, 93, 138
		" omelette .. ..	17, 102, 103, 143
		" roll .. ..	17, 102, 103, 143

	PAGES
Jelly .. ..	6, 17, 104, 105, 143
" Milk .. ..	17, 104, 105, 143
" Packet .. ..	6, 92, 93, 133
Jerusalem artichokes, boiled	84, 85, 135
John Dory, steamed ..	56, 57, 124
Kedgeree .. ..	20, 106, 107, 145
Kidney, Ox, raw and stewed	38, 39, 118
" Sheep's, raw and fried	38, 39, 118
Kippers, baked ..	56, 57, 124
Lard .. ..	38, 39, 118
Leeks, boiled .. ..	86, 87, 136
Lemons .. ..	76, 77, 131
Lemon juice .. ..	76, 77, 131
Lemonade .. ..	11, 94, 95, 139
Lemon curd .. ..	11, 92, 93, 138
" " tarts .. ..	12, 98, 99, 141
" sole, fried and steamed	56, 57, 124
Lentils, raw and boiled	86, 87, 136, 148
Lettuce .. ..	88, 89, 136
Ling, fried and steamed	56, 57, 124
Liver, Calf, fried ..	38, 39, 118
" Ox, fried .. ..	38, 39, 118
" raw .. ..	9, 38, 39, 118
Loaf sugar .. ..	92, 93, 138
Lobster, boiled ..	58, 59, 125
Loganberries, raw and tinned	76, 77, 131
Macaroni, raw and boiled	9, 28
	29, 115
Macaroni cheese ..	21, 22, 108, 109, 146
Mackerel, fried ..	58, 59, 125
Malt bread .. ..	26, 27, 114
Malted Milk, Horlick's	8, 94, 95, 139
Manitoba flour ..	28, 29, 115, 148
Margarine .. ..	98, 99, 141
Marmalade .. ..	92, 93, 138
Marmite .. ..	5, 6, 9, 94, 95, 139
Marrow, boiled ..	88, 89, 136
Meat, curried .. ..	19, 106, 107, 145
" paste .. ..	38, 39, 118
Medlars .. ..	76, 77, 131
Megrin, raw, fried and steamed	58, 59
	125
Melon, Cantaloupe ..	76, 77, 131
" Yellow .. ..	76, 77, 131
Mild ale .. ..	96, 97, 140
Milk, Condensed skimmed sweet-	
ened .. ..	32, 33, 116
Milk, Condensed whole sweetened	32, 33
	116
" Condensed whole unsweet-	
ened .. ..	32, 33, 116
" Dried .. ..	32, 33, 116
" Fresh skimmed ..	32, 33, 116
" Fresh whole .. ..	32, 33, 116

	PAGES
Milk, " Household," dried, skimmed	32, 33, 116
" Malted .. ..	8, 94, 95, 139
Milk chocolate .. ..	92, 93, 138, 148
" jelly .. ..	17, 104, 105, 143
Minced meat .. ..	92, 93, 138
Mince pies .. ..	12, 98, 99, 141
Monkfish, fried and steamed	58, 59, 125
Moss, Carrageen .. ..	9, 86, 87, 136
Mould, Chocolate ..	16, 102, 103, 143
Mulberries .. ..	76, 77, 132
Mullet, Grey, steamed ..	60, 61, 125
" Red, steamed .. ..	60, 61, 125
Mushrooms, raw and fried	6, 88, 89, 136
	148
Mussels, raw and boiled ..	60, 61, 125
Mustard .. ..	96, 97, 140
Mustard and cress ..	88, 89, 136
Mutton chops, raw, fried and	
grilled .. ..	40, 41, 118, 119
" , Leg of, boiled and roast	42, 43
	119
" , Scrag and neck, stewed	42, 43
	119
National wheatmeal bread	26, 27, 114
	148
" " flour (85%)	28, 29, 115, 148
Nectarines .. ..	76, 77, 132
Nuts .. ..	82, 83, 134, 148
Oatmeal .. ..	30, 31, 115, 148
" biscuits .. ..	12, 100, 101, 142
" porridge .. ..	30, 31, 115
Olives .. ..	78, 79, 132
Olive oil .. ..	98, 99, 141
Omelette .. ..	22, 108, 109, 146
" Cheese .. ..	21, 108, 109, 146
" Jam .. ..	17, 102, 103, 143
Onions, raw, boiled and fried	7, 88, 89
	136, 148
" Spring .. ..	88, 89, 136
Onion sauce .. ..	23, 110, 111, 147
Oranges .. ..	78, 79, 132
Orange juice .. ..	78, 79, 132
" cake .. ..	13, 100, 101, 142
Ovaltine .. ..	9, 94, 95, 139
Ox kidney, raw and stewed	38, 39, 118
" liver, fried .. ..	38, 39, 118
" tongue, pickled ..	44, 45, 120
Oxo .. ..	5, 6, 94, 95, 139
Oysters, raw .. ..	60, 61, 125
Packet cheese .. ..	9, 32, 33, 116
Pale ale .. ..	96, 97, 140
Pancakes .. ..	17, 104, 105, 144



	PAGES		PAGES
Parmesan cheese .. ..	9, 32, 33, 116	Post Toasties .. ..	30, 31, 115
Parsley, raw .. ..	88, 89, 136	Potatoes, New, boiled ..	50, 91, 137, 148
Parsnips, raw and boiled	88, 89, 136, 148	" Old, raw .. ..	88, 89, 137
Partridge, roast .. ..	42, 43, 119	" .. baked, boiled, "chips"	90, 91
Passion fruit .. ..	78, 79, 132	" .. mashed, roast ..	137, 148
Pastry, economical ..	13, 100, 101, 142	" Peel only .. ..	88, 89, 137
" flaky and short ..	13, 100, 101, 142	" Sweet, boiled .. ..	90, 91, 137
" potato .. ..	13, 100, 101, 142	Potato cakes .. ..	23, 110, 111, 147
Peaches, Dried, raw and stewed	9, 78	" pastry, raw and baked	13, 100
" .. ..	79, 132	" .. ..	101, 142
" Fresh .. ..	78, 79, 132	Potato soup .. ..	23, 110, 111, 147
" Tinned .. ..	78, 79, 132	Powder custard .. ..	16, 102, 103, 143
Peas, Dried, raw and boiled	88, 89, 137	Prawns .. ..	62, 63, 126
" .. ..	148	Prunes, raw and stewed	80, 81, 133, 148
" Fresh, raw and boiled	88, 89, 137	Pudding, Apple .. ..	15, 102, 103, 143
" .. ..	148	" Beef steak .. ..	19, 106, 107, 145
" Split, raw and boiled	88, 89, 137	" Bread .. ..	15, 102, 103, 143
" .. ..	148	" Bread and butter ..	15, 102, 103
" Tinned .. ..	88, 89, 137, 148	" .. ..	143
Peanuts .. ..	82, 83, 134, 148	" Cabinet .. ..	15, 102, 103, 143
Pears, Cooking, raw and stewed	78, 79	" Canary .. ..	16, 102, 103, 143
" .. ..	133	" Castle .. ..	16, 102, 103, 143
" Eating .. ..	78, 79, 132	" Cheese .. ..	21, 108, 109, 146
" Tinned .. ..	78, 79, 133	" College .. ..	16, 102, 103, 143
Pearl barley, raw and boiled	26, 27, 114	" Rice .. ..	18, 104, 105, 144
" .. ..	148	" Sago .. ..	18, 104, 105, 144
Pepper .. ..	96, 97, 140	" Semolina .. ..	18, 104, 105, 144
Pheasant, roast .. ..	42, 43, 119	" Suet .. ..	18, 104, 105, 144
Pie, Fish .. ..	20, 106, 107, 145	" Suet with raisins ..	18, 104, 105
" Shepherd's .. ..	21, 106, 107, 145	" .. ..	144
" Steak and kidney ..	21, 106, 107, 145	" Suet, with sultanas ..	18, 104
" Vegetable .. ..	23, 110, 111, 147	" .. ..	105, 144
Pigeon, boiled and roast	42, 43, 119	" Syrup sponge .. ..	18, 104, 105, 144
Pilchards .. ..	60, 61, 125	" Tapioca .. ..	19, 104, 105, 144
Pineapple, Fresh .. ..	80, 81, 133	" Yorkshire .. ..	19, 104, 105, 144
" Tinned .. ..	80, 81, 133	Puddings, Queen of ..	17, 104, 105, 144
Plaice, raw, fried and steamed	60, 61, 125	Pumpkin, raw .. ..	90, 91, 137
" .. ..	126	Purée, Blackcurrant ..	92, 93, 138
Plain biscuits, economical	13, 100, 101		
" .. ..	142		
" cake, economical ..	13, 100, 101		
" .. ..	142		
" chocolate .. ..	92, 93, 138	Queen cakes .. ..	13, 100, 101, 142
" mixed biscuits .. ..	26, 27, 114	" of puddings .. ..	17, 104, 105, 144
Plums, Cooking, raw and stewed	80, 81	Quinces .. ..	80, 81, 133
" .. ..	133		
" Victoria dessert ..	80, 81, 133	Rabbit, stewed .. ..	44, 45, 120
Plum tart .. ..	17, 104, 105, 144	Radishes .. ..	90, 91, 137
Polished rice, raw and boiled	30, 31, 115	Raisins, dried .. ..	80, 81, 133
" .. ..	148	Rarebit, Buck .. ..	21, 108, 109, 146
Pollack, fried .. ..	62, 63, 126	" Welsh .. ..	22, 108, 109, 146
" steamed .. ..	60, 61, 126	Raspberries, raw and stewed	80, 81, 133
Pollan, fried and steamed	62, 63, 126	Red bream, steamed ..	46, 47, 121
Pomegranate juice .. ..	80, 81, 133	" cabbage, raw .. ..	86, 87, 125
Pork, chopped .. ..	38, 39, 118	" .. ..	88, 89, 137
Pork chops, grilled ..	42, 43, 44, 45, 120	" .. ..	88, 89, 137
Pork, Leg of, roast .. ..	42, 43, 120	" .. ..	88, 89, 137
" .. ..	42, 43, 120	" .. ..	88, 89, 137
" Loin of, roast and salt	42, 43, 120	" .. ..	88, 89, 137
" smoked .. ..	42, 43, 120	" .. ..	88, 89, 137
" sausage, raw and fried	44, 45, 120	" .. ..	88, 89, 137
" .. ..	44, 45, 120	" .. ..	88, 89, 137
Portidge .. ..	30, 31, 115	" .. ..	88, 89, 137

	PAGES		PAGES
Rock buns. . . . .	10, 13, 100, 101, 142	Skimmed milk, fresh . . . . .	32, 33, 116
" cakes . . . . .	14, 100, 101, 142	" " dried . . . . .	32, 33, 116
Roe, Cod, baked and fried . . . . .	48, 49, 122	Smelts, fried . . . . .	64, 65, 127
" Herring, fried . . . . .	54, 55, 121	Sole, fried and steamed . . . . .	64, 65, 127
Roll, Jam . . . . .	17, 102, 103, 143	" Lemon, fried and steamed . . . . .	56, 57, 124
" Sausage . . . . .	20, 106, 107, 145	Soup . . . . .	110, 111, 147
" Swiss . . . . .	100, 101, 142	" Potato . . . . .	23, 110, 111, 147
Runner beans, raw and boiled . . . . .	84, 85, 135	Soya flour and grits . . . . .	30, 31, 115, 148
Rusks . . . . .	8, 26, 27, 114	Spinach, boiled . . . . .	90, 91, 137, 148
Rye . . . . .	30, 31, 115, 148	Split peas, raw and boiled . . . . .	88, 89, 137, 148
Ryvita . . . . .	8, 20, 31, 115, 148	Sponge cake . . . . .	14, 100, 101, 142
		Sponge pudding, Syrup . . . . .	18, 104, 105, 144
Sago . . . . .	5, 30, 31, 115, 148	Sprats, Fresh, fried . . . . .	64, 65, 127
" pudding . . . . .	18, 104, 105, 144	" Smoked, grilled . . . . .	64, 65, 127
Saithe, steamed . . . . .	62, 63, 126	Spring cabbage, boiled . . . . .	86, 87, 135
Salmon, Fresh, steamed . . . . .	62, 63, 126	" greens, boiled . . . . .	90, 91, 137
" tinned . . . . .	62, 63, 126	" onions . . . . .	88, 89, 136
Salsify, boiled . . . . .	90, 91, 137	Sprouts, Brussels, boiled . . . . .	86, 87, 135
Salt, Block . . . . .	96, 97, 140	Steak, raw, fried, grilled and stewed . . . . .	36, 37, 117
" Table . . . . .	96, 97, 140	" and kidney pie . . . . .	21, 106, 107, 145
Sardines, tinned . . . . .	62, 63, 126	Stew, Beef . . . . .	19, 106, 107, 145
Sauce, Bread . . . . .	22, 110, 111, 147	" Irish . . . . .	20, 106, 107, 145
" Cheese . . . . .	22, 110, 111, 147	St Ivel cheese . . . . .	32, 33, 116
" Egg . . . . .	23, 110, 111, 147	Stilton cheese . . . . .	32, 33, 116
" Onion . . . . .	23, 110, 111, 147	Stockfish, boiled . . . . .	66, 67, 127
" White . . . . .	23, 110, 111, 147	Stout . . . . .	96, 97, 140
Sausage, Beef, fried . . . . .	44, 45, 120	Strawberries . . . . .	80, 81, 133
" Black . . . . .	44, 45, 120	Strong ale . . . . .	96, 97, 140
" Breakfast . . . . .	44, 45, 120	Sturgeon, steamed . . . . .	66, 67, 127
" (1943), raw and grilled . . . . .	44, 45, 120	Suet . . . . .	44, 45, 120
" Pork, raw and fried . . . . .	44, 45, 120	" pudding, plain . . . . .	18, 104, 105, 144
Sausage roll . . . . .	20, 106, 107, 145	" " with raisins . . . . .	18, 104, 105, 144
Savoy cabbage, raw and boiled . . . . .	86, 87, 135	" " with sultanas . . . . .	18, 104, 105, 144
Scallops, steamed . . . . .	62, 63, 126	Sugar, Demerara . . . . .	92, 93, 138
Scones . . . . .	10, 14, 100, 101, 142	" Granulated . . . . .	92, 93, 138
Scotch egg . . . . .	22, 108, 109, 146	" Loaf . . . . .	92, 93, 138
Scrambled eggs . . . . .	22, 108, 109, 146	Sultanas dried . . . . .	80, 81, 133
Sea bream, steamed . . . . .	46, 47, 121	Swedes, raw and boiled . . . . .	90, 91, 137, 148
Seakale, boiled . . . . .	90, 91, 137	Sweet mixed biscuits . . . . .	26, 27, 114
Sea trout, steamed . . . . .	66, 67, 127	" potatoes, boiled . . . . .	90, 91, 137
Semolina . . . . .	30, 31, 115	Sweetbreads, stewed . . . . .	44, 45, 120
" pudding . . . . .	18, 104, 105, 144	Swiss roll . . . . .	100, 101, 142
Sheep's brain, boiled . . . . .	36, 37, 117	Syrup, Golden . . . . .	9, 92, 93, 138
" heart, roast . . . . .	38, 39, 118	" sponge pudding . . . . .	18, 104, 105, 144
" kidney, raw and fried . . . . .	38, 39, 118		
" tongue, stewed . . . . .	44, 45, 120	Table Salt . . . . .	96, 97, 140
Shepherd's pie . . . . .	21, 106, 107, 145	Tangerines . . . . .	80, 81, 134
Shortbread . . . . .	14, 100, 101, 142	Tapioca . . . . .	5, 30, 31, 115, 148
Short pastry, raw and baked . . . . .	13, 100, 101, 142	" pudding . . . . .	19, 104, 105, 144
Shredded Wheat . . . . .	8, 30, 31, 115, 148	Tart, Apple . . . . .	15, 102, 103, 143
Shrimps . . . . .	64, 65, 126	" Custard . . . . .	16, 102, 103, 143
Silver eels, raw and stewed . . . . .	50, 51, 122, 123	" Gooseberry . . . . .	17, 102, 103, 143
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